

Get Me A New Life

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Easy Intermediate
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音乐: New Life - Gina Timms : (Album: Thank You - iTunes)



No Tags or Restarts: Intro 48 Counts

S1: Pivot ½ Hold, Paddle ¼ Hold

1,2,3,4 Step fwd on R, pivot ½ turn L, step fwd R hold
5,6,7,8 Step fwd on L, paddle ¼ R, step L across R hold

S2: Toe Hold, Heel Hold, Toe, Heel, Toe, Heel

1,2,3,4 Touch R toe beside L hold, touch R heel beside L, hold
5,6,7,8 Touch R toe, heel, toe, heel, beside L foot

S3: Side Rock Cross Hold, Back Lock back Hold

1,2,3,4 Step R to side, replace weight on L, step R across L Hold
5,6,7,8 Step L back, step R across L, step back on L hold

S4: ½ Turn Hold, ½ Turn Hold, Back Tog, Fwd Hold

1,2,3,4 Turn ½ turn R, step fwd on R hold, turn ½ turn R, step back on L hold
5,6,7,8 **□ Step R back, step L tog, step R fwd hold

S5: Toe Hold, Heel Hold, Toe, Heel, Toe, Heel

1,2,3,4 Touch L toe beside R hold, Touch L heel beside R hold
5,6,7,8 Touch L toe, heel, toe, heel, beside R foot

S6: Side Rock Cross Hold, Side Rock Cross Hold

1,2,3,4 Step L to side, weight on R, cross L over R, hold
5,6,7,8 Step R to side weight on L, cross R over L, hold

S7: ½ Turn R Hold, Rock fwd, Step Back, Hold

1,2,3,4 Turning ¼ R, step back on L, turn ¼ turn R step R to Side, step L fwd, hold
5,6,7,8 Rock fwd on R, back on L step R back hold

S8: Back Tog, Fwd Hold, R heel strut, L Heel strut

1,2,3,4 Step L back, step R beside L, step L fwd, hold
5,6,7,8 Touch R heel fwd, lower toes, touch L heel fwd, lower Toes

Dance Finishes on count 32** Turning The Coaster, ¼ Turn R, To Face the Front, Step L beside R

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