

It's Good To Be Alive

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Darren Mitchell (AUS) - July 2017
音乐: Good Time To Be Alive - Lady A : (Album: Heartbreak.)



(Intro: 16 counts)

FORWARD, FORWARD-BACK-1/2 TURN, 3/4 TURN, BEHIND-SIDE-ACROSS, SIDE-BEHIND-ACROSS

1 Step R forward,
2&3 Step L forward, rock back onto right, turn 180 degrees left step L forward, (6:00)
4&5 Step R forward, turn 270 degrees left take weight onto left, step R to the side, (9:00)
6&7 Step L behind right, step R to the side, step L across in front of right,
8&1 Step R to the side, step L behind right, step R across in front of left.

SIDE SHUFFLE, ACROSS-BACK-BACK, ACROSS-BACK-BACK-TOUCH

2&3 Side shuffle to the left: L-R-L,
4&5 Step R across in front of left, step L back at 45 degrees left, step R back at 45 degrees right,
6&7 Step L across in front of right, step R back at 45 degrees right, step L back at 45 degrees left,
8 (*)□Touch R together. (9:00)

TOGETHER, FORWARD, FORWARD-TOGETHER, PIVOT TURN, FORWARD, FORWARD-TOGETHER, FORWARD, TOUCH

&1,2 Step R together, step L forward, step R forward,
& Step L together,
3,4 Pivot turn: step R forward, turn 180 degrees left take weight onto left, (3:00)
5,6 Step R forward, step L forward,
&7,8 (**)□Step R together, step L forward, touch R together.

SIDE, ROCK-TOGETHER, SIDE, ROCK-TOGETHER, FORWARD, BACK, 1/2 TURN, FORWARD, TOUCH

1,2& Step R to the side, side rock onto left, step R together,
3,4& Step L to the side, side rock onto right, step L together,
5,6 Step R forward, rock back onto left,
& Turn 180 degrees right step R forward,
7,8 Step L forward, touch R together. (9:00)

[32]□REPEAT

Restarts:-

Restart 1□On wall 3, dance to count 16 (*) then restart the dance again facing 3 0'clock.

Restart 2□On wall 6, dance to count 24 (**) then restart the dance again facing 12 0'clock

Restart 3□On wall 7, dance to count 16 (*) then: step R back, rock forward onto left and restart the dance again facing 9 0'clock