

Life Moves On - (Livet Går Videre)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Improver
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音乐: Livet Går Videre - Rasmus Seebach : (iTunes)



Intro: 16 counts (app. 12 secs. into track) Start with weight on L.

S1: Fwd Rock. Side Rock. Behind Side. Cross Shuffle. Extended Weave.

1&2& Rock R fwd, recover onto L, Rock R to R side, recover onto L.
3& Step R behind L, step L to L side.
4&5 Cross R over L, step L to L side, cross R over L as you sweep L from front to back.
6&7& Cross L over R, step R to R side, step L behind R, step R to R side.
8&1 Cross L over R, step R to R side, step L behind R as you sweep R from front to back.

S2: Behind Side Fwd. Step Turn Step. Full Turn. Walk. Walk.

2&3 Step R behind L, step L to L side, step R fwd.
4&5 Step L fwd, turn 1/2 R stepping onto R, step L fwd. (6.00)
6& Turn 1/2 L stepping back on R, turn 1/2 L stepping fwd on L. (6.00)

(easier option: two small runsteps fwd R,L.)

7-8 Step R fwd. Step L fwd.

* Tag and restart here on wall 3.

S3: Rumbabox 1/4 L x 2.

1&2 Step R to R side, step L beside R, step R back.
3&4 Step L to L side, step R beside L, turn 1/4 L stepping L fwd. (3.00)
5&6 Step R to R side, step L beside R, step R back.
7&8 Step L to L side, step R beside L, turn 1/4 L stepping L fwd. (12.00)

S4: Mambo Step. Coaster Cross. 1/4 1/4 Cross. Side Rock Cross.

1&2 Rock R fwd, recover onto L, step R back.
3&4 Step L back, step R beside L, cross L over R.
5&6 Turn 1/4 L stepping back on R, turn 1/4 L stepping L to L side, cross R over L. (6.00)
7&8 Rock L to L side, recover onto R, cross L over R and slightly fwd.

* There is one 4 count Tag with a Restart on wall 3 (12.00)

Make a slow rocking chair (6.00). Then restart from beginning.

Tag: 1-2-3-4. Rock R fwd. Recover on L. Rock R back. Recover on L.

Contact: jessica.bostrom@hotmail.com (If you need help with music.)