

# Life Goes On

COPPERKNOB  
BY SHEETS

拍数: 32      墙数: 2      级数: Intermediate NC2  
编舞者: Maria Maag (DK) - November 2017  
音乐: Empty Room - Sanna Nielsen



Intro: 12 counts from first beat (12 sec. into track )

Tag: 2 counts after wall 1 (facing 06:00), sway R (1), sway L drag R next to L (2)

Restarts:-

Wall 2 After 20 counts (facing 12:00 weights L) turn  $\frac{1}{4}$  R and sweep L fw. (count 1), beginning of the dance.

Wall 5 After 18& counts (facing 9:00 weights L) step fw. R and sweep L fw. (count 1) beginning of the dance.

Ending: On wall 7 after 14 counts (step R to R slide L next to R) (on count 15)...The End

[1 – 8]  $\frac{1}{4}$  R sweep L fw. weave R, sweep R back, behind turn  $\frac{3}{8}$  L step fw. R full turn R, step fw. L  $\frac{1}{2}$  R Run run

- 1-2&      Turn  $\frac{1}{4}$  R stepping down R and sweep L fw. (1), cross L over R (2), step R to R (&) 03:00
- 3-4&      Cross L behind R and sweep R back (3), cross R behind L (4), turn  $\frac{3}{8}$  L stepping down L (&) 10:30
- 5-6&      Step fw. R (prep) (5), turn  $\frac{1}{2}$  R stepping back L (6), turn  $\frac{1}{2}$  R stepping down R (&) 10:30
- 7-8&      Step fw. L turn  $\frac{1}{2}$  R on L (7), run fw. R (8), run fw. L (&) 04:30

[9 – 16] Step hitch  $\frac{1}{8}$  R weave R, behind  $\frac{1}{2}$  turn L, sway R+L, basic R

- 1-2&      Step fw. R hitch L and turn  $\frac{1}{8}$  R (1), cross L over R (2), step R to R (&) 06:00
- 3-4&      Turn  $\frac{1}{8}$  L stepping L back (3), step back R (4), turn  $\frac{1}{4}$  L stepping down L (&) 01:30
- 5-6      Turn  $\frac{1}{8}$  L stepping R to R and sway R (5), sway L (6) 12:00
- 7-8&      Take a big step R to R (7), close L behind R (8), cross R over L (&) 12:00

[17 – 24]  $\frac{3}{4}$  fan turn R, run run, step  $\frac{1}{4}$  L lunge L, recover  $\frac{1}{4}$  R hitch L (figure 4 step), full turn R, step  $\frac{1}{4}$  turn L

- 1-2&      Step L to L and fan turn  $\frac{3}{4}$  R sweeping R back (1), run fw. R (2), run fw. L (&) 09:00
- 3-4      Step fw. R (3), turn  $\frac{1}{4}$  L and Lunge L to L (prep) (4) 06:00
- 5-6&      Recover  $\frac{1}{4}$  R hitch L fw.(figure 4 step)(5),  $\frac{1}{2}$  turn R stepping back L (6),  $\frac{1}{2}$  turn R stepping down R (&) 09:00
- 7-8&      Step L fw.(7), step R fw. (8), turn  $\frac{1}{4}$  L stepping down L (&) 06:00

[25 – 32] Weave L,  $\frac{1}{4}$  L sweep R fw. mambo fw. R step back R kick L fw. run run  $\frac{1}{8}$  R, turn  $\frac{1}{8}$  R basic L

- 1-2&      Cross R over L (1), step L to L (2), cross R behind L (&) 06:00
- 3-4&      Turn  $\frac{1}{4}$  L stepping down L and sweep R fw. (3), rock fw. R (4), recover L (&) 03:00
- 5-6&      Step back R (slightly bend R knee) and kick L fw. (5), run fw. L (6), run fw. R with  $\frac{1}{8}$  turn R (&) 04:30
- 7-8&      Turn  $\frac{1}{8}$  R take a big step L (7) close R behind L (8), cross L over R (&) 06:00

Enjoy...:-)

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