

Live It To The Limit

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 1 级数: Easy Beginner
编舞者: Angie Leyland (UK) - August 2018
音乐: Live It to the Limit - Dave Sheriff : (Album: Tonight You Made A Memory For Me - iTunes)



Section 1: RIGHT HEEL HITCH, HEEL HITCH, STEP LOCK STEP

1&2& R Heel Fwd Hitch Over L, R Heel Fwd Hitch Over L

3&4 R Step Fwd Lock L Step behind R, R foot Step Fwd

LEFT HEEL HITCH, HEEL HITCH, STEP LOCK STEP

5&6& L Heel Fwd Hitch Over R, L Heel Fwd Hitch Over R

7&8 L Step Fwd Lock R Step behind L, L foot Step Fwd

Section 2: RIGHT STEP PIVOT, STEP PIVOT (Full Turn)

1,2 Step Forward R, Pivot ½ turn L

3,4 Step Forward R, Pivot ½ turn L

STEP RIGHT BEHIND, RIGHT SAILOR STEP

5,6,7&8 Step R, L foot behind R, Right sailor (RLR)

Section 3: STEP LEFT BEHIND, LEFT SAILOR STEP

1,2,3&4 Step L, R foot behind R, LEFT sailor (LRL)

RIGHT SHUFFLE, LEFT SHUFFLE (45%Angled)

5&6,7&8 R Shuffle Fwd (RLR 45%), L Shuffle Fwd (LRL 45%)

Section 4: RIGHT MAMBO, FORWARD LEFT MAMBO BACK

1&2,3&4 Step Fwd RL Step Back R, Step Bk LR Step Fwd L

FORWARD HIP WIGGLES, FORWARD HIP WIGGLES

5&6, Step Fwd R (Wiggle Hips RLR)

7&8 Step Fwd L (Wiggle Hips LRL)

End of Dance - Smile & Have Fun
