

Life on Repeat

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Improver
编舞者: Maria Smith (AUS) & Kevin Smith (AUS) - August 2019
音乐: Life on Repeat - Ashleigh Dallas : (Album: Reflections - iTunes)



Starts on vocals after count 64.

V STEP, SIDE, TOUCH, SIDE, TOUCH

1,2,3,4, step R fwd to side, step L fwd to side, step R back, touch L next to R
5,6,7,8 step L to side, touch R next L (clap), step R to side, touch L next R (clap)

V STEP, SIDE, TOUCH, SIDE, TOUCH

1-8 repeat last 8 counts leading L fwd,

VINE RIGHT, TOUCH, VINE LEFT, TOUCH

1,2,3,4, step R to side, step L behind R, step R to side, touch L next to R
5,6,7,8, step L to side, step R behind L, step L to side, touch R next L,

RIGHT HEEL, ¼ TURN, LEFT HEEL, RIGHT HEEL STRUT, LEFT HEEL STRUT,

1,2,3,4, R heel fwd, R heel tog, ¼ turn left L heel fwd, L heel tog. (9.00)
5,6,7,8, R heel strut fwd, L heel strut fwd,

MAMBA FWD, HOLD, MAMBA BACK, HOLD

1,2,3,4, step R fwd, step back L, step R back, HOLD
5,6,7,8, step back L, step R fwd, step fwd L, HOLD

SLOW ¼ PIVOT TURN, STEP POINT, STEP POINT,

1,2,3,4, step R fwd, ¼ pivot turn left taking 3 count wt ends on L, (6.00)
5,6,7,8, step fwd R, point L to side, step fwd L, point R to side,

ROCK, CROSS, SIDE, HOLD, ROCK, CROSS, SIDE, HOLD,

1,2,3,4, rock R across L, take wt L, step R to side, HOLD
5,6,7,8, rock L across R, take wt R, step L to side, HOLD, (finish dance here wall 8)

FWD, TOUCH, BACK, KICK, ROCK BACK, FWD, TOUCH HOLD

1,2,3,4 step R fwd, touch L behind R, step back L, kick R fwd,
5,6,7,8, rock back R, fwd L, touch R next L, HOLD

[64] START AGAIN

End of Walls 1-3-6

REPEAT last 4 counts of dance

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