

Story Of My Life

COPPER **KNOB**
STEPSHEETS

拍数: 96 墙数: 1 级数: Phrased Intermediate
编舞者: Giorgia Maritan (IT) - November 2019
音乐: Story of My Life - One Direction



Sequence: A - A(32) -B - B- A - A(32) -B - B- tag - B - B
Start on Lyrics

PART A: 64 counts

ROCK RIGHT SIDE, ¼ TURN RIGHT SUFFLE BACK, ¼ TURN LEFT ROCK SIDE, ¼ TURN LEFT SHUFFLE BACK

1-2 Rock step right side, recover
3&4 turn ¼ right shuffle back right, left, right
5-6 turn ¼ left rock step left side, recover
7&8 turn ¼ left shuffle back left, right, left

STEP RIGHT SIDE & CROSS LEFT BEHIND, TURN ¼ RIGHT & SHUFFLE FORWARD , ½ TURN RIGHT & STEP LEFT FORWARD, FULL TURN

1-2 step right to right, cross left behind right
3&4 turn ¼ right shuffle forward right, left, right
5&6 step left forward, ½ pivot right, step left forward
7-8 turn ½ left step right back, turn ½ left step left forward

ROCK RIGHT SIDE, ¼ TURN RIGHT & SUFFLE BACK, ¼ TURN LEFT & ROCK SIDE, ¼ TURN LEFT & SHUFFLE BACK

1-2 Rock step right side, recover
3&4 turn ¼ right shuffle back right, left, right
5-6 turn ¼ left rock step left side, recover
7&8 turn ¼ left shuffle back left, right, left

STEP RIGHT SIDE & CROSS LEFT BEHIND, TURN ¼ RIGHT & SHUFFLE FORWARD , ½ TURN RIGHT & STEP LEFT FORWARD, FULL TURN

1-2 step right to right, cross left behind right
3&4 turn ¼ right shuffle forward right, left, right
5&6 step left forward, ½ pivot right, step left forward
7-8 turn ½ left step right back, turn ½ left step left forward

The end of part A(32)

STOMP RIGHT & HOLD, HEEL LEFT & TOUCH RIGHT, HEEL RIGHT & TOUCH LEFT, HEEL RIGHT & TOUCH LEFT

1-2 Stomp right, pause
3&4 heel left forward, recover, touch right back
5&6 heel right forward, recover, touch left back
7&8 heel left forward, recover, touch right back

SHUFFLE RIGHT BACK, ROCK LEFT SIDE & CROSS BEHIND, ROCK RIGHT SIDE & CROSS BEHIND, ROCK LEFT SIDE & TURN ½ LEFT

1-2 Shuffle back right, left, right
3&4 Rock left side, recover, cross left behind right
4&6 Rock right side, recover, cross right behind left
7&8 rock left side, recover, turn ½ left close left next to right

LONG STEP RIGHT, CROSS & CROSS, ¼ TURN RIGHT & ROCK FORWARD, ½ TURN RIGHT & STEP RIGHT & LEFT

- 1-2 long step right, drag left foot together (weight on right foot)
- 3&4 cross left behind right, step right side, cross left over right
- 5-6 turn ¼ right rock right forward, recover
- 7-8 turn ½ right step right forward, step left forward

STEP RIGHT & STEP LEFT, SHUFFLE FORWARD, ROCK FORWARD, ¼ TURN & LEFT LONG STEP LEFT & HOOK

- 1-2 Step right forward, step left forward
- 3&4 shuffle forward right, left, right
- 5-6 rock step left forward, recover
- 7-8 turn ¼ left long step left, hook left back right

PART B: 32 counts

STEP RIGHT & STEP LEFT, SHUFFLE FORWARD, HOOK LEFT & HOOK RIGHT, HOOK LEFT & SHUFFLE BACK

- 1-2 Step right forward, step left forward
- 3&4& shuffle forward right, left, right, hook left behind right
- 5&6& step left together, hook right over left, step right together, hook left behind right
- 7&8 shuffle back left, right, left

FULL TURN RIGHT BACK, ½ TURN RIGHT , SHUFFLE RIGHT FORWARD, ½ TURN RIGHT & SHUFFLE LEFT FORWARD

- 1-2 turn ½ right step right forward, turn ½ right step left back
- 3&4 turn ½ right shuffle forward right, left, right
- 5-6 step left forward, turn ½ right
- 7&8 shuffle forward left, right, left

¼ TURN LEFT STEP RIGHT & HOOK LEFT, ¼ TURN LEFT STEP LEFT & HOOK RIGHT, ¼ TURN LEFT STEP RIGHT & HOOK LEFT, ¼ TURN LEFT STEP LEFT & HOOK RIGHT

- 1-2 turn ¼ left step right side, hook left behind right
- 3-4 turn ¼ left step left side, hook right behind left
- 5-6 turn ¼ left step right side, hook left behind right
- 7-8 turn ¼ left step left side, hook right behind left

ROCK RIGHT FORWARD, SHUFFLE BACK, ROCK LEFT BACK, OUT-OUT & IN-IN

- 1-2 Rock right forward, recover
- 3&4 shuffle back right, left, right
- 4-6 rock left back, recover
- 7&8& step left diagonally forward, step right diagonally forward, step left back, step right together back

TAG: 64 counts

ROCK RIGHT SIDE, ¼ TURN RIGHT, ¼ TURN LEFT ROCK SIDE, ¼ TURN LEFT

- 1-2 Rock step right side, recover
- 3-4 turn ¼ right step right next to left, pause
- 5-6 turn ¼ left rock step left side, recover
- 7-8 turn ¼ left step left next to right

STEP RIGHT SIDE & CROSS BEHIND, ¼ TURN RIGHT TOE STRUT, ½ PIVOT RIGHT, STEP LEFT

- 1-2 step right side, cross left behind right
- 3-4 touch right to right, turn ¼ right down right heel
- 5-6 step left forward, turn ½ right
- 7-8 step left forward, pause

ROCK RIGHT SIDE, ¼ TURN RIGHT, ¼ TURN LEFT ROCK SIDE, ¼ TURN LEFT

- 1-2 Rock step right side, recover
- 3-4 turn ¼ right step right next to left, pause
- 5-6 turn ¼ left rock step left side, recover
- 7-8 turn ¼ left step left next to right

STEP RIGHT SIDE & CROSS BEHIND, ¼ TURN RIGHT TOE STRUT, ½ PIVOT RIGHT, STEP LEFT

- 1-2 step right side, cross left behind right
- 3-4 touch right to right, turn ¼ right down right heel
- 5-6 step left forward, turn ½ right
- 7-8 step left forward, pause

ROCK RIGHT SIDE, CROSS & HOLD, ROCK LEFT SIDE, CROSS & HOLD

- 1-2 Rock right side, recover
- 3-4 cross right behind left, pause
- 5-6 rock left side, recover
- 7-8 cross left behind right, pause

ROCK RIGHT SIDE, CROSS & HOLD, ROCK LEFT SIDE, ½ TURN & HOLD

- 1-2 Rock right side, recover
- 3-4 cross right behind left, pause
- 5-6 rock left side, recover
- 7-8 turn ½ left close left next to right, pause

LONG STEP RIGHT & HOLD, LONG STEP LEFT & HOLD

- 1-4 long step right, drag left foot together (weight on right foot), pause, pause
- 5-8 long step left, drag right foot together (weight on left foot), pause, pause

FULL TURN LEFT

- 1-8 Cross right over left, unwind
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