

Memories Over Lifetime

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Ping Chen (CN) & Queen (CN) - January 2020
音乐: Yi Nian Yi Sheng (一念一生) - Li Jian (李健)



(Intro: 48 counts)

RESTART: The end of 36 counts at wall 6、 8

Sec1 : 1-6 SLIDE L, ROCK, RECOVER, SLIDE R, ROCK, RECOVER 12:00

123 Slide L to L, Rock R back, Recover to L, 12:00
456 Slide R to R, Rock L back, Recover to R, 12:00

Sec2 : 7-12 THREE STEP FULL TURN, TWINKLE L (1:30)

123 Turn 1/4 L step L forward, Turn 1/2 L step R back, Turn 1/4 L step L to L side, 12:00
456 Cross R over L, step L to L, Turn 1/8 R step R forward, 1:30

RESTART: The end of 36 counts At wall 6、 8 (12:00)

Sec3 : 13-18 FORWARD, KICK, FLICK, FORWARD, 1/2 PIVOT R 7:30

123 Step L forward, Kick R forward, Flick R cross over L, 1:30
456 Step R forward, Step L forward, Turn 1/2 R weight to R, 7:30

Sec4 : 19-24 FORWARD, 1/2, 1/2, 3/8 RONDE 12:00

123 Step L forward, Turn 1/2 L step R back, Turn 1/2 L step L forward , 7:30
456 Step R forward, Sweep L from back to front and turn 3/8 R(2 counts) 12:00

Sec5 : 25-30 TWINKLE R, TWINKLE L 12:00

123 Cross L over R, Step R to R, Step L to L, 12:00
456 Cross R over L, step L to L, Step R to R, 12:00

Sec6 : 31-36 1/4 TWINKLE, BASIC STEP 9:00

123 Cross L over R, Turn 1/4 L step R next to L, Step L to place, 9:00
456 Step R back, Step L next to R, Step R to place 9:00

Sec7 : 37-42 HALF DIAMOND 6:00

123 Step L forward, Turn 1/8 L step R back, Step L back 7:30
456 Step R back, Turn 1/8 L step L to L, Step R forward 6:00

Sec8 : 43-48 HALF DIAMOND 3:00

123 Step L forward, Turn 1/8 L step R back, Step L back 4:30
456 Step R back, Turn 1/8 L step L to L, Step R forward 3:00 Have fun!

Contact: chenping660803@outlook.com / 331656671@qq.com