

It's My Life

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Via Sylvia (INA) - April 2020
音乐: It's My Life (don't Worry) (feat. Dr. Alban) - Chawki



Tag : 13 count (at 6 o'clock)

After wall 2 (at 6 o'clock)

& After 6 wall (at 9 o'clock)

Restart :

wall 4 after 8 count (at 3 o'clock)

wall 8 after 4 count (at 6 o'clock)

wall 10 after 4 count (at 12 o'clock)

Start : on lyric

S1: OUT,OUT,IN,IN, CROSS ROCK R & L

1-4 step R to R diagonal - step L to L diagonal - step R back - close L next to R

5&6 cross R over L - recover on L - step R to side

7&8 cross L over R - recover on R - step L to side

S2: FORWARD ROCK, TURN 1/2 R ,FORWARD ROCK TURN 1/4 SIDE TOUCH

1-2 rock R forward - recover on L

3&4 step R 1/4 R to side - step L close beside R - turn 1/4 R step R forward

5-6 rock L forward - recover on R

7-8 step L to side - touch R next to L

S3: SIDE ROCK, BEHIND, SIDE CROSS, SIDE ROCK, BEHIND, TURN 1/4 R STEP L FORWARD

1-2 rock R to side - recover on L

3&4 step R behind L - step L to side - cross R over L

5-6 rock L to side - recover on R

7&8 step L behind R - step R to side - turn 1/4 R step L forward

S4: SHUFFLE LOCK FORWARD R & L,, PUDDLE 1/4 L,PUDDLE 1/2 L

1&2 step R forward - lock L behind R - step R forward

3&4 step L forward - lock R behind L - step L forward

5-6 step R forward - turn 1/4 L - step in place

7-8 step R forward - turn 1/2 L - step in place

TAG : PONY K STEP, UNWIND FULL TURN L

1&2 Step R forward toward R diagonal; Step ball of L beside R; Step R on the spot

3&4 step L forward toward L diagonal - step ball of R beside L, step L on the spot

5&6 step R back toward R diagonal - step ball of L beside R, step R on the spot

7&8 step L back toward L diagonal - step ball of R beside L, step L on the spot

1-4 cross R over L - make a full unwind L (wieght finished on L)

5 touch R to side

Enjoy the dance