

Her Life Song

COPPER KNOB
STEPSHEETS

拍数: 104 墙数: 2 级数: Phrased Improver / Intermediate
编舞者: Ursula Traffelet (CH) - July 2020
音乐: Her Life's a Song - Alan Jackson : (Album: Thirty Miles West)



Sequence: AB TAG AB AB BA A A A Note: the 4th B starts 12 o'clock
Dance Starts after 32 Counts to start with Vocal

Part A (56 Counts) Wall 1

[1-8] ½ Monterey Turn 2x

- 1,2,3,4 Point right toe to right, make ½ turn right bringing RF back to place weight on RF, point left toe out to left side, Step LF next to right
- 5,6,7,8 Point right toe to right, make ½ turn right bringing RF back to place weight on RF, point left toe out to left side, Step LF next to right

[9-16] Rocking Chair, Step Lock, Step Lock Step

- 1 - 4 R Rock Fwd, rocking weight on LF, R Rock back, rocking weight on LF
- 5,6,7 & 8 R Step Fwd, LF lock behind right, r Step Fwd, LF lock behind right, R Step Fwd

[17-24] Rock Step, ½ Triple Turn L, Turning Toe Strutt ½ ¼ left

- 1,2, 3 & 4 L Rock Fwd, replace weight on RF (starting for ½ Turn l), ½ Turn L stepping LF Fwd, close RF besides left (&) LF Step Fwd (6 o'clock)
- 5,6,7,8 ½ Turn left touch right Toe back, RF Step down (12 o'clock), ¼ Turn left touch left Toe to side, LF Step down (9 o'clock)

[25-32] RF Rock Step, ½ Triple Turn R, Step Turn ¼ right, Cross Shuffle right

- 1,2, 3 & 4 R Rock Fwd, replace weight on LF (starting for ½ Turn r), ½ Turn r stepping RF Fwd, close LF besides right (&) RF Step Fwd (3 o'clock)
- 5,6, 7 & 8 L Step Fwd, make 1/4 turn to right stepping onto RF, LF cross over right, RF Step to right side, LF cross over right

[33-40] R Rumba Box side

- 1,2,3,4 RF Step to right side, close LF to RF (weight on LF), RF Step back, LF Touch to right,
- 5,6,7,8 LF Step to left side, close RF to LF (weight on RF), LF Step Fwd, RF Brush (starting for ½ Turn l)

[41-48] ½ Triple Turn L, Back Rock, Triple Turn R, L Coaster Step

- 1 & 2 ½ Turn L stepping RF Bwd, close LF besides left (&) RF Step Bwd
- 3,4, 5 & 6 LF Rock Bwd, replace weight on RF (starting ½ Turn r), ½ Turn R stepping LF Bwd, close RF beside left (&) RF Step Bwd
- 7 & 8 RF Step back, LF Step next to right (&) RF Step Fwd (weight on right)

[49-56] L Fwd Rock, Side Rock, Back Rock, Together, Hold

- 1,2,3,4 LF Rock Fwd, replace weight on RF, L Rock side, replace weight on RF
- 5,6,7,8 LF Rock Bwd, replace weight on RF, L together, Hold

Part B (48 counts) Wall 2

[1-8] Rocking Chair with Hitch, R Step Out, L Knee in, R Knee in, L Knee in, R Knee in (Elvis Knees)

- 1,2,3,4 RF Touch Fwd, rocking weight on LF and Hitch R, RF Touch back, rocking weight on LF and Hitch R
- 5,6, RF Step right to right side turn left Knee in, change weight on LF turn right Knee in
- 7,8 Change weight on RF turn left Knee in, change weight on LF turn right Knee in weight on LF

[9-16] Right Grapevine Touch, Rolling Vine Left (Alternative: Grapevine right and left)

1,2,3,4 RF Step to right side, LF cross behind right, RF Step to right side, touch LF next to right
5,6,7,8 LF Step 1/4 turn left, make 1/2 turn left RF stepping back, 1/4 turn left LF stepping to left side,
Touch right in place

[17-24] Heel Switch, Toe Strutt RL,

1 & 2 & Touch right heel Fwd, RF Step to place, touch left heel Fwd, LF Step left in place,
3 & 4 & Touch right heel Fwd, RF Step to place, touch left heel Fwd, LF Step left in place,
5,6,7,8 RF touch Toe, RF Step down, LF touch Toe, LF Step down

[25-32] V Step, Paddle Turn (with Hip Sway)

1,2,3,4 Step RF diagonal Fwd, Step LF diagonal Fwd, Step R back to centre, Step L beside R
5,6,7,8 RF pushing Step Fwd, Hold, use to push off into a 1/4 turn left, Hold weight LF

[33-40] V Step, Paddle Turn (with Hip Sway)

1,2,3,4 Step RF diagonal Fwd, Step LF diagonal Fwd, Step R back to centre, Step L beside R
5,6,7,8 RF pushing Step Fwd, Hold, use to push off into a 1/4 turn left, Hold weight LF

[41-48] R Fwd Rock, Side Rock, Back Rock, Together

1,2,3,4 R Rock Fwd, replace weight on LF, R Rock side, replace weight on LF
5,6,7,8 R Rock Bwd, replace weight on LF, R together Stump, LF Step beside weight LF

***Tag After the first A + B - 16 Counts (12:00)**

V Step R,L, R,L, Step Hold, 1/2 Turn left Hold, V Step R,L, R,L, Step Hold, 1/2 Turn left Hold,

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