

Lifestyle

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: High Improver
编舞者: Joocy Kim (KOR) & Rex Chuan (USA) - February 2021
音乐: Lifestyle (feat. Adam Levine) - Jason Derulo



Start: After 16 counts, with vocal. Tag:0 - Restart:0

S1:Walk (R-L), Rock Recover Back, Push Back, Rock Recover Cross

123&4. Step RF forward(1), step LF forward(2), slightly rock RF forward(3), recover(&), step RF backwards (4),
567&8. Push RF backwards(5), hold 6, rock RF backwards (7), recover(&), cross RF(8) (12:00)

S2: Rock Recover, Cross Shuffle, Two Step Turn, Kick Ball Change

123&4. Rock LF L(1), recover(2), cross LF(3), step RF R(&), cross LF(4)
567&8. Turn quarter L and step RF backwards(5), turn quarter L and step LF L (6), kick RF (7), ball step RF in place (&), step LF forward(8) (6:00)

S3: Rock Recover Ball Step, Rock Recover, Back Cha Cha, Rock Recover

12&34. Rock RF forward (1), recover (2), step RF together (&), rock LF forward (3), recover(4)
5&678. Step LF backwards(5) and pop right knee, step RF in place(&) step LF backwards (6) and pop right knee, rock RF backwards (7), recover(8) (6:00)

S4: Paddle Turn X3, Half Turn (R-L)

1234. Rock RF forward (1), paddle forward quarter turn right and recover weight on LF(2), rock RF forward (3), paddle forward quarter turn right and recover weight on LF(4),
5678. Rock RF forward (5), paddle forward quarter turn right and recover weight on LF(6), turn half L and step RF R(7), turn half L and step LF L(8) (9:00)

Enjoy the dance!
