

Best Life

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Improver
编舞者: Liz Atkinson (USA) - February 2021
音乐: Best Life - Spencer Ludwig



#32 count introduction

No restarts! One easy 2-count tag

S1: SIDE, SAMBA STEP, CROSS, SCISSOR STEP, 1/4L BACK, KICK

1, 2&3 Step RF to R side, cross LF over RF, Rf to R side, LF beside RF
4, 5&6 Cross RF over LF, step LF to L side, close RF beside LF, cross LF over RF
7, 8 Turning 1/4 L step back onto RF, kick LF fwd (9:00)

S2: COASTER STEP, STEP 1/4R, HITCH 1/4R, SIDE MAMBO, HITCH, STEP

1&2 Step LF back, close RF beside LF, step LF fwd
3, 4 Step RF 1/4R (12:00), turn 1/4R hitching L knee (3:00)
5&6 Rock LF to L side, recover RF, close LF beside RF
7, 8 Hitch R knee, step RF to R side (3:00)

S3: HEAD R, L KNEE IN, ROLL FULL TURN L, FWD MAMBO, BUMP BACK & BACK

&1, 2 Turn head R (to 6:00), twist L knee in (prep), turn 1/4L stepping onto LF (12:00)
3, 4 1/2L back onto RF, 1/4L side onto LF (3:00)
5&6 Rock RF fwd, recover LF, close RF beside LF
7&8 Step LF back bumping L hip back, bump R hip fwd, bump L hip back (3:00)

S4: SHUFFLE FWD, PIVOT 1/2R, SHUFFLE FWD, OUT, OUT, L HIP BUMP WITH SNAP

1&2 Step RF fwd, close LF beside RF, step RF fwd
3, 4 Step LF fwd, pivot 1/2R onto RF (9:00)
5&6 Step LF fwd, close RF beside LF, step LF fwd
&7, 8 Step RF to R side, step LF to L side, sink weight into L hip with snap of L hand (9:00)

***TAG* 2 counts at the end of wall 8, facing 12:00.**

1) Lift R arm straight up and snap fingers, 2) drop R arm straight down and snap fingers.

***Ending* At the end of wall 9 facing (9:00). On count 32 as you sink into your L hip and snap, turn head to R (12:00) and pose with some "attitude".**

"Go ahead, live your best life!"

Contact: info@LizAtkinsonDance.com - Asheville, NC, USA