

Life Is Like A Song (人生如歌 Ren Sheng Ru Ge)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Heru Tian (INA) - August 2021
音乐: 人生如歌 - 海来阿木/ 小阿枫
或: Ren Sheng Ru Ge (人生如歌) - Hai Lai A Mu (海来阿木) & Xiao A Feng (小阿枫)



Intro : 64 Counts - NO TAG, 1 RESTART
*** RESTART ON WALL 2 AFTER 32C , FACING 6.00

SECTION 1 : R RUMBA BOX- L SIDE- R TOGETHER- L ROCK BACK- RECOVER

1-4 Step Rf To Side (1), Step Lf Next To Rf (2), Step Rf Fwd (3), Touch Lf Next To Rf (4)
5-8 Step Lf To Side (5), Step Rf Next To Lf (6), Rock Lf Back (7), Recover On Rf (8)

SECTION 2 : L FWD- PIVOT 1/2 TURN R- L 1/2 TURN R BACK- R SWEEP- R BEHIND - L SIDE- R 1/8 TURN L FWD- L TOGETHER

1-4 Step Lf Fwd (1), Make A 1/2 Turn R, Step Rf In Place (2), Make A 1/2 Turn R Step Lf Back (3), Sweep Rf Front To Back (4)
5-8 Cross Rf Behind Lf (5), Step Lf To Side (6), 1/8 Turn L Step Rf Fwd (7), Step Lf Next To Rf (8) Facing 10.30

SECTION 3 : R ROCK BACK - RECOVER- R 1/2 TURN L BACK - HOLD- L COASTER STEP- HOLD

1-4 Rock Rf Back (1), Recover On Lf (2), Make A 1/2 Turn L Step Rf Back (3), Hold (4) Facing 4.30
5-8 Step Lf Back (5), Step Rf Next To Lf (6), Step Lf Fwd (7), Hold (8)

SECTION 4 : R WALK FWD-HOLD- L WALK FWD - R 1/4 TURN L SIDE LUNGE- L 1/4 TURN L FWD - FULL TURN L (X2)

1-4 Walk Rf Fwd (1), Hold (2)- Walk Lf Fwd (3), Make A 1/4 Turn L Facing 1.30, Lunge Rf To Side (4) For Preparation To Turn
5-8 1/4 Turn L Step Lf Fwd (5), 1/2 Turn L Step Rf Back (6), 1/2 Turn L Step Lf Fwd (7), 1/2 Turn L Step Rf Back (8)

*** Restart Here On Wall 2 After 32c
(During Wall 2, Dance Only 31c And Hold 1c To Restart The Dance Facing 6.00)

SECTION 5 : L 1/2 TURN L FWD- R SWEEP- R CROSS- L SIDE- R BEHIND- L SWEEP- L BEHIND- R SIDE

1-4 1/2 Turn L Step Lf Fwd (1) Facing 10.30, Sweep Rf Back To Front (2), Cross Rf Over Lf (3), Step Lf To Side (4)
5-8 Cross Rf Behind Lf (5), Sweep Lf Front To Back (6), Cross Lf Behind Rf (7), Step Rf To Side (8)

SECTION 6 : EXTENDED WEAVE STEP, L ROCK BACK- RECOVER

1-4 Cross Lf Over Rf (1), Step Rf To Side (2), Cross Lf Behind Rf (3), Step Rf To Side (4)
5-8 Cross Lf Over Rf (5), Step Rf To Side (6), Rock Lf Back (7), Recover On Rf (8)

SECTION 7 : L BASIC NC- R 1/8 TURN L SIDE- L TOUCH - L BIG STEP SIDE- HOLD

1-4 Take A Long Step Lf To Side (1), Hold (2), Step Rf Slightly Behind Lf (3), Cross Lf Over Rf (4)
5-8 1/8 Turn L , Squaring To 9.00, Step Rf To Side (5), Touch Lf Next To Rf (6), Take A Long Step Lf To Side (7), Hold (8)

SECTION 8 : R BEHIND-L 1/4 TURN L FWD- R FWD- L BRUSH- L FWD- R LOCK- L FWD- HOLD

1-4 Cross Rf Behind Lf (1), 1/4 Turn L Facing 6.00, Step Lf Fwd (2), Step Rf Fwd (3), Brush Lf (4)

5-8 Step Lf Fwd (5), Lock Rf Behind Lf (6), Step Lf Fwd (7), Hold (8)

START AGAIN...

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