

Life Is a Dance Floor

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Michelle Wright (USA) - November 2021
音乐: Life Is A Dancefloor (feat. Kimberly Davis) - The Shapeshifters



NO TAGS OR RESTARTS

Dance starts approx 64 counts into song. Starts on lyrics (31s in)

Section 1: R&L cross points, Walk back RLR, Step L Together

1,2 Step R forward, Point L toe to L side
3,4 Step Forward, Point R toe to R side
5,6 Step back R, Step back L
7,8 Step back R, Step L next to R

(weight on L foot. For new dancers lifting the R foot when stepping L next to R is helpful)

Section 2: V step w/ hip pushes(optional), Double Bump hips R and L

1,2 Step R out to R diagonal as you push your hip over R Step L out to L diagonal as you push your hip over L
3,4 Step R back, step L next to L
5,6 Bump hip R x2
7,8 Bump hip L x2

Section 3: R&L Rolling Grapevine w/clap (Grapevines for easy option)

1,2 ¼ turn R stepping R forward, ½ turn R stepping back L
3,4 ¼ turn R stepping R to R side, Touch L next to R and clap
5,6 ¼ turn L stepping L forward, ½ turn L stepping back R
7,8 ¼ turn L stepping L to L side, Touch R next to L and clap

Section 4: ⅛ pivot x2 with hip rolls(optional), Jazz box w/ optional shoulder shimmies

1,2 Step R forward, ⅛ turn L rolling hips around from L to R weight on L
3,4 Step R forward, ⅛ turn rolling hips around from L to R weight on L
5,6 Cross R over L, Step L back
7,8 Step R to R side, Step L forward

End of dance! Feel free to add as much extra to it as you want!

Any questions email: Michellelinedance@gmail.com