

It's a Great Day to Be Alive

COPPER **KNOB**
BY STEPHENETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Hiroko Carlsson (AUS) - December 2021
音乐: It's a Great Day to Be Alive - Niko Moon : (iTunes/Amazon/Spotify)



(Start on the word "Rice")

[S1] Walk Fwd-Point, Walk Back-Point

1 2 3 4 Step forward on R, Step forward on L, Step forward on R, Touch L toes to the side
5 6 7 8 Step back on L Step back on R, Step back on L, Touch R toes to the side

[S2] Fwd-Touch-Back-Touch, Box 1/4R Turn-Fwd

1 2 3 4 Step forward on R, Touch L toes forward, Step back on L, Touch R toes back
5 6 7 8 Cross R over L, Make a 1/4 turn right stepping back on L, Step R to the side***, Step forward on L (3:00)

[S3] Fwd Shuffle, Rocking Chair, Fwd-Touch Together

1&2 Shuffle forward on R-L-R
3 4 5 6 Rock forward on L, Replace weight on R, Rock back on L, Replace weight on R
7 8 Step forward on L, Touch R next to L**

[S4] Step-Pivot 1/2L, Fwd Rock, Walk Back-Together

1 2 Step forward on R, Make a 1/2 turn left replace weight on L (9:00)
3 4 Rock forward on R, Replace weight on L
5 6 7 8 Step back on R, Step back on L, Step back on R, Step L together (weight on L)

#1st Restart on Wall 2 count 24** (12:00)

#2nd Restart + Step change on Wall 6 count 15*** (S2 count 7)

[S2] Fwd-Touch-Back-Touch, Cross-1/4R-Point

1 2 3 4 Step forward on R, Touch L toes forward, Step back on L, Touch R toes back (3:00)
5 6 7 Cross R over L, Make a 1/4 turn right stepping back on L, Point R to the side (6:00)-Restart

The dance finishes at 12:00 o'clock.

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 15/Dec/21)