

# Key To Life

**COPPER** KNOB  
STEPPERS

拍数: 128      墙数: 0  
编舞者: Sarah Rohrbach (DE)  
音乐: Key to Life - BEXAR

级数: Phrased Advanced



Seq: A - B - A32\* - A - B - A32\* - B32- A32\* - B - A

## Part A

**RF Diagonal FWD, Touch LF, LF diagonal Back, Kick RF, Kick LF, Kick RF, Flick LF, Stomp RF**

- 1,2      Set RF diagonal forward, set LF behind RF
- 3,4      Stand LF diagonally back, kick RF forward
- 5,6      Kick LF forward, jumping RF backward, kick RF forward, jumping LF backward
- 7,8      Set down RF, bounce LF backward and stomp LF next to RF

**Swivet L, Swivet R, ½ Turn R, Scoot 2x R, Rock Back R, Hook R**

- 1,2      Turn both toes to the left (LF on heel, RF on ball of foot), turn back to center
- 3,4      Turn both toes to the right (RF on heel, LF on ball of foot), turn back to center
- 5,6      Pull right knee up and hop ½ turn right on LF (hop 2x)
- 7,8      RF to back, lift LF slightly, weight back on RF and bounce RF up backward

**Step Lock Step R, Hook L, ¼ Turn R, Hook R, ¼ Turn, Step FWD R, Stomp L**

- 1,2      RF step forward, LF cross in behind RF
- 3,4      RF step forward, pull LF up behind right leg
- 5,6      ¼ right turn and put LF down. ¼ right turn and cross RF in front of LF
- 7,8      RF step forward, LF stomp up beside RF.

**Toe L, Heel L, Swivet L, Swivet R ¼ Turn\*, Hook R, Step FWD R, Scuff L**

- 1,2      Turn left toe to the left, turn left heel to the left.
- 3,4      Turn both toes to the left (LF on heel, RF on ball of foot), turn back to center
- 5,6      \*Turn both toes to the right (RF on heel, LF on ball of foot), making a ¼ turn to the right and cross RF in front of left knee
- 7,8      \*RF step forward, LF strong ground stride beside RF.

**Weave L, ¼ Turn L, Rock Step L, ¾ Turn L, Scuff R**

- 1,2      Step LF to the left, cross RF behind LF
- 3,4      Turn LF to the left, cross RF in front of LF
- 5,6      ¼ turn left and step LF forward, lift RF and put weight back on RF
- 7,8      ¾ Left turn and LF step forward, RF strong floor stride forward

**Weave R, ¼ Turn R, Rock Step R, ½ Turn R, Stomp L**

- 1,2      Place RF to right, cross LF behind RF.
- 3,4      Turn RF to the right, cross LF in front of RF
- 5,6      ¼ turn right and step RF forward, lift LF and put weight back on LF
- 7,8      ½ right turn and RF step forward, LF stomp up beside RF

**Step diagonal FWD L, Touch R, Step diagonal back R, Touch L, Shuffle diagonal L**

- 1,2      LF step diagonal forward, RF step down behind LF
- 3,4      RF step diagonal back, put down LF next to RF
- 5,6      LF step diagonally forward, pull RF to LF
- 7,8      LF step diagonally forward, set down RF beside LF

**Step diagonal FWD R, Touch L, Step diagonal back L, Touch R, Shuffle diagonal R**

- 1,2      RF step diagonal forward, put down LF behind RF

- 3,4 LF step diagonal back, set down RF next to LF
- 5,6 RF step diagonally forward, pull LF close to RF
- 7,8 RF step diagonally forward, put down LF next to RF

**\*Whenever only 32 counts are danced from Part A, please dance in Section 4, counts 5-8 like this:**

**Swivet R, Kick R, Hook R**

- 5,6 Turn both toes to the right (RF on heel, LF on ball of foot), turn back to center
- 7,8 Kick RF forward, cross RF in front of left knee

**Part B**

**Out- Out, ½ Turn Flick R, Out- Out, ½ Turn Flick R, Out- Out, ½ Turn Flick L, Out- Out, ½ Turn Flick R**

- 1,2 Jump out with RF and LF at the same time, bounce ½ right turn on the LF and bounce RF up to the back (6:00).
- 3,4 Jump out with RF and LF at the same time, ½ right turn bounce on LF and let RF bounce up to the back (12:00)
- 5,6 Jump outward with RF and LF at the same time, ½ left turn bounce on RF and let LF bounce up backward (6:00)
- 7,8 Jump out with RF and LF at the same time, ½ right turn bounce on LF and let RF bounce up to the back (12:00)

**Out- Out, Flick R, Rock Back R, Kick L, Out- Out, ½ Turn Flick L, Out- Out, Flick R**

- 1,2 Jump out with RF and LF at the same time, hop on the LF and let RF rocket up to the back.
- 3,4 Jump backward with RF and kick LF forward, weight back on LF and bounce RF up backward
- 5,6 Jump outward with RF and LF at the same time, bounce ½ left turn on RF and let LF bounce up backward
- 7,8 Jump outward with RF and LF at the same time, hop on LF and let RF bounce up backward

**Rock Back R, Kick L, Rock FWD R, Kick R, Rock Back R, Kick L, Rock FWD R, Kick R**

- 1,2 Jump RF backward, kick LF forward, weight back on LF
- 3,4 Jump RF forward, kick LF up backward, weight back on LF
- 5,6 Jump RF back, kick LF forward, weight back on LF
- 7,8 RF jump forward, LF bounce back, weight back on LF and kick RF forward

**Kick L, Cross L, Kick L, Stomp 2x R, Rock Back R, Flick R**

- 1,2 Kick LF forward and cross over RF, let RF bounce up backwards
- 3,4 Weight back on the RF and kick LF forward, jump on the LF and let RF bounce up backward
- 5,6 2 x stomp with the RF next to the LF
- 7,8 jump back with RF, kick LF forward, weight back on LF and let RF bounce up backward

**Weave R, Side Rock cross R, Hold**

- 1,2 turn RF to the right, cross LF behind RF
- 3,4 turn right, cross left in front of right
- 5,6 Stand RF to right, lift LF and put weight back on LF
- 7,8 Cross RF over LF, hold

**Step FWD L, ½ Turn R, Hook R, Step FWD R, Flip Side L, Scoot L with Hook 2x, Stomp L, Stomp R**

- 1,2 Place LF forward, ½ turn right and cross RF in front of left knee.
- 3,4 Step RF forward, flip LF up to left while slapping foot with left hand
- 5,6 Hop forward on RF 2x, pulling LF up and turning sole of foot first to outside right, then turning to outside left
- 7,8 Stomp LF in front, stomp RF in front

**Out- Out, ½ Turn Flick R, Out- Out, ½ Turn Flick R, Out- Out, ½ Turn Flick L, Out- Out, Flick R**

- 1,2 Jump out with RF and LF at the same time, bounce ½ turn right on the LF and bounce RF up to the back.

- 3,4            Jump out with RF and LF at the same time, ½ right turn bounce on LF and let RF bounce up backwards
- 5,6            Jump outward with RF and LF at the same time, bounce ½ left turn on the RF and let the LF bounce up backward
- 7,8            Jump outward with RF and LF at the same time, hop on LF and let RF bounce up backward

**Rock Back R, Stomp 2x R, Rock Back R, Stomp R, Hold**

- 1,2            Hop RF back, kick LF forward, weight back on LF
- 3,4            Stomp 2x with the RF next to the LF
- 5,6            Bounce RF back, kick LF forward, weight back on LF
- 7,8            Stomp RF next to LF, hold
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