

What a Beautiful Life

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4
编舞者: Kim Liebsch (DK) - May 2022
音乐: Beautiful Life - Lowland State

级数: Easy Intermediate



Intro: Start on the word twenty after 1 sec. - Start with weight on R foot

Restart: On wall 5 after 15 counts (rock back on R instead of cross behind) (*12:00)

Ending: Step sweep ½ turn L to face 12:00

#1 section: Step sweep, cross shuffle with sweep, cross shuffle, 2 X ¼ turn, step ¼ turn

1 Step fw. on L while sweeping R ¼ turn L 9:00
2&3 Cross R over L, step L to L side, cross R over L while sweeping L 9:00
4&5 Cross L over R, step R to R side, cross L over R 9:00
6-7 Make ¼ turn L stepping back on R, make ¼ turn L stepping fw. on L 3:00
8& Step fw. on R, make ¼ turn L, stepping L to L side 12:00

#2 section: Cross, recover side cross, recover side step with sweep, cross side back with sweep, behind ¼ turn

1 Cross R over L 12:00
2&3 Recover on L, step R to R side, cross L over R 12:00
4&5 Recover on R, step L to L side, step R fw. while sweeping L 12:00
6&7 Cross L over R, step R to R side, step back on L while sweeping R (*12:00) 12:00
8& Cross R behind L, make ¼ turn L stepping fw. on L 9:00

#3 section: Step, step ½ turn step, full turn step, back ball back, back

1 Step fw. on R 9:00
2&3 Step fw. on L, make ½ turn R stepping fw. on R, step fw. on L 3:00
4&5 Make ½ turn L stepping back on R, make ½ turn L stepping fw. on L 3:00
6&7 Step back on L, ball step R next to L, step back on L 3:00
8 Rock back on R 3:00

#4 section: Recover, shuffle fw. step ¼ turn cross, ¼ turn ½ turn step, back together

1 Recover on L 3:00
2&3 Step fw. on R, step L next to R, step fw. on R 3:00
4&5 Step fw. on L, make ¼ turn R stepping R to R side, cross L over R 6:00
6&7 Make ¼ turn L stepping back on R, make ½ turn L stepping fw. on L, step fw. on R 9:00
8& Step back on L, step R next to L 9:00

Good Luck & N'joy!

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