

Dance Your Life (P)

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Novice Partner
编舞者: Marie-Odile Jélinek (FR) - September 2022
音乐: Do This Life - High Valley



– No Tag. No Restart – Final sur 12H

Start position : Close Western – The Man starts on LF and the Woman on RF

Dance starts after the 3 counts of intro at Lyrics : « I Had a Dream the Other Night »

The steps of the Man and the Woman are of opposite Type : Unless indicated

#10 Sequences including 9 out of 32 counts // 1 of 16 counts and : Final after the 1-2 of the 3rd Section on 12H

On Hold : on RF for Man and on LF for Woman

[1to8] H WALK FORWARD-MAMBO LEFT-WALK FORWARD-MAMBO RIGHT 12H

[1to8] F WALK BACKWARD- . MAMBO RIGHT- WALK BACKWARD- MAMBO LEFT 6H 1-2 H Walk LF fwd – Walk RF fwd

1-2 F Step back RF – Step back LF
3&4 H Pose LF to the L- return on hold on RF- recover LF next to
3&4 F Pose RF to the R- return on hold on LF- recover RF next to LF
5-6 H Walk RF fwd – walk LF fwd
5-6 F Step back LF – Step back RF
7-8 H Pose RF to the R- return on hold on LF- recover RF next to LF
7-8 F Pose LF to the L- return on hold on RF- recover LF next to RF

[9to16] H RUMBA BOX (Modified)

[9to16] F RUMBA BOX(Modified)

1-2 H Pose LF to the L- recover RF next to LF
1-2 F Pose RF to the R- recover LF next to RF
3&4 H Triple step LF back (LF-RF-LF)
3&4 F Pas Chassé RF en avant (RF-LF-RF)
5-6 H Pose RF to the R - recover LF next to RF
5-6 F Pose LF to the L – recover RF next to LF
7&8 H Triple Step RF back (RF-LF-RF)
7&8 F Triple Step LF fwd (LF-RF-LF)

[17to24] H ROCK BACK -TRIPLE ¼ TURN – STEP FWD – STEP TURN – STEP FWD – STOMP

[17to24] F ROCK STEP – TRIPLE ¼ TURN – STEP FWD -STEP TURN – STEP FWD – STOMP

1-2 H LF back with BW return on RF
1-2 F RF fwd with BW return on LF
3&4 H Triple ¼ Turn LF to the L (L.R.L) 9H
3&4 F Triple ¼ Turn RF to the R (R.L.R) 3H
5-6 H Step fwd RF ½ Turn to the L (Release Hands)
5-6 F Step fwd LF ½ Turn to the R (Release Hands)
7-8 H Step fwd RF – Stomp LF (Position Open Promenade)
7-8 F Step fwd LF – Stomp RF (Position Open Promenade)

Final : at 1-2 of the 3ème Section (at Rock Back H- Rock Step F)

[25to32] H TRIPLE Fwd – ROCK STEP – BACK- BACK- ¼ TURN LEFT

[25to32] F TRIPLE Fwd– ROCK STEP – BACK-BACK- ¼ TURN RIGHT

1&2 H Triple RF fwd (R-L-R)
1&2 F Triple LF fwd (L-R-L)
3-4 H Rock Step LF- BW on RF
3-4 F Rock Step RF-BW on LF

5-6 H Back LF - Back RF
5-6 F Back RF- Back LF
7-8 H Pose LF ¼ Turn to the L- Stomp RF next to LF (Lift LH to go again) 12H
7-8 F Pose RF ¼ Turn to the R- Stomp LF next to RF (Lift RH to go again) 6H

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