

Repeated Life (如果一切可以重来)

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Adeline Cheng (MY) & Heru Tian (INA) - March 2023
音乐: Ru Guo Yi Qie Ke Yi Chong Lai (如果一切可以重来) - Bao Lin (暴林)



No Tag, No Restart
Intro/Chorus 32C

Section 1 (Intro) : R Fwd – L Drag – L Fwd – ½ Turn L – R Touch (X2)

1234 Step Rf fwd (1), Drag Lf towards Rf (2), Step Lf fwd (3), Make a ½ Turn L, Touch Rf next to Lf (4) facing 6.00
5678 Repeat Count 1-4, finish facing 12.00

Section 2 (Intro) : Weave & Sweep (R&L)

1234 Cross Rf over Lf (1), Step Lf to L side (2), Step Rf behind Lf (3), Sweep Lf front to back (4)
5678 Cross Lf Behind Rf (5), Step Rf to R Side (6), Cross Lf over Rf (7), Sweep Rf back to front (8)

Section 3&4 : Repeat Section 1&2

Main Dance 32C

Section 1 : R Rock Fwd – ½ Turn R – R Fwd – L Sweep – Weave to R - R Sweep

1234 Rock Rf fwd (1), Recover on Lf (2), Make a ½ turn R, Step Rf fwd (3), Sweep Lf back to front (4) facing 6.00
5678 Cross Lf over Rf (5), Step Rf to R Side (6), Cross Lf Behind Rf (7), Sweep Rf front to back (8)

Section 2 : R Rock Back – R Big Step Side – L Drag/ Touch – L Rolling Vine – R Point

1234 Rock Rf backward (1), Recover on Lf (2), Slide Rf to R Side (3), Drag Lf towards Rf / Touch Lf Next to Rf (4)
5678 ¼ Turn L, Step Lf fwd (5), ½ turn L, Step Rf back (6), ¼ turn L, Step Lf to L Side (7), Point Rf to R Side (8)

Section 3 : ¼ Turn R - R Fwd – L Pivot ½ Turn R – L Fwd – Reverse Full Turn L – R Side – Sways

1234 ¼ Turn R, Step Rf fwd (1) facing 9.00, Step Lf fwd (2), Pivot ½ turn R, Step Rf in place (3), Step Lf fwd (4) facing 3.00
5678 Make a ½ Turn L, Step Rf back (5), Another ½ Turn L, Step Lf fwd (6), Step Rf to R Side, Sway body to Right (7), Transfer weight to Lf, Sway body to Left (8)

Section 4 : R Rock Fwd/ Bending Knee – L Recover – R Sweep – R Behind – L Side Rock – L Behind – R Side Rock

1234 Rock Rf fwd, bend your Rf knee (1), Recover on Lf, Sweep Rf front to back (2), Step Rf behind Lf (3), Rock Lf to L Side (4)
5678 Recover on Rf (5), Step Lf Behind Rf (6), Rock Rf to R Side (7), Recover on Lf (8)
(options for 7&8, you can do sways)

Start again

Thank you

Contact :

Adeline.nuline@gmail.com

Herutian79@gmail.com