

My Crazy Life

COPPER KNOB
STEPPERS

拍数: 0 墙数: 2 级数: Improver
编舞者: Ed Royko (USA) - June 2023
音乐: Mi Vida Loca (My Crazy Life) - Pam Tillis



...begin the walk forward on the word COMIN'

Set 1 WALK, WRIST SPIN

1-4 Walk forward R,L,R while spinning wrists forward 4 times around each other
5&6&7&8 R heel, return, L heel, return, stomp R foot no weight, clap, clap

1-4 Walk back R,L,R,L while spinning wrists backward 4 times around each other
5&6&7&8 R heel, return, L heel, return, stomp R foot no weight, clap, clap

(Repeat both parts of set 1)

Set 2 WALK, SHUFFLE/WALK, ROCK RECOVER, TURN

1-2, 3&4 Walk forward R,L /shuffle R,L,R
5-6, 7&8 Walk forward L,R, /rock forward on L, recover, turn 1/4 counterclockwise while stepping on L foot

(Repeat set 2)

Set 3 SCISSORS

1&2 Rock to R, recover to L, cross R foot over left taking weight
3&4 Rock to L, recover to R foot, cross L foot over R taking weight

(Repeat set 3)

Set 4 STEP TOUCH

1-2 Step R foot to the right, touch L foot next to right foot
3-4 Step L foot to the left, touch R foot next to left foot
5-6 Step R foot to the right, touch L foot next to right foot
7-8 Step L foot to the left, touch R foot next to the left foot

Set 5 VINES

1-4 Step R foot to right side, step L foot behind right foot, step R foot to right side, hitch left knee while turning 1/2 turn clockwise
5-8 Step L foot to left side, step R foot behind left foot, step L foot to left side, tap R toe next to left foot

(Repeat set 5 and then begin the dance from the beginning)