

Livin' It Up

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 1 级数: High Improver
编舞者: Jennifer Miller (USA) & Tony Mondragon (USA) - June 2023
音乐: Time of Our Lives - Pitbull & Ne-Yo : (Album: Globalization - iTunes)



Intro: 32 (start on vocals)

JUMP FORWARD, HOLD (HIGH FIVE), JUMP BACK, HOLD, HEEL JACK(x2)

&1,2 Jump forward starting on R, Hold for count 2 (high five your partner)
&3,4 Jump back starting on L, Hold for count 4
&5&6 Step R back, Touch heel L diagonally, Step L next to R, Step R next to L
&7&8 Step L back, Touch heel R diagonally, Step R next to L, Step L next to R

WALK, SIDE SHUFFLE R, WALK BACK, SIDE SHUFFLE L

1,2 Step forward R, Step forward L
3&4 Step R to R, Step L next to R, Step R to R
5,6 Step back L, Step back R
7&8 Step L to L, Step R next to L, Step L to L

ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, BEHIND-SIDE-CROSS

1,2 Rock forward on R, Recover on L
3&4 Step R back, Step L next to R, Step R forward
5,6 Side Rock on L, Recover on R
7&8 Step L behind R, Step R to R, Cross L over R

ROCK, RECOVER, BEHIND-SIDE-TOUCH, R HEEL, L HEEL, R BIG STEP, SLIDE L FOOT

1,2 Side Rock on R, Recover on L
3&4 Step R behind L, Step L to L, Touch R next to L
5&6& Touch R Heel forward, Step R next to L, Touch L Heel forward, Step L next to R
7,8 Big step forward on R (You will grab your partners hand when you take the big step), Slide L next to R

BUMP R HIP (X2), BUMP L HIP (X2), ALTERNATE BUMPING HIPs

1,2 Bump R hip twice (you will bump against your partner)
3,4 Bump L hip twice
5,6,7,8 Alternate bumping hips R,L,R,L

WALK BACK, R COASTER STEP, WALK FORWARD, HEEL SPLIT

1,2 Step back R, Step back L
3&4 Step R back, Step L next to R, Step R forward
5,6 Step forward L, Step forward R
7&8 Step L next to R(7), Split heels(&), Bring heels back together(8)