

That's Life

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: High Beginner
编舞者: John Bishop (AUS) - October 2023
音乐: Life - Jehro



Wait 16 counts to start on vocals.

CHA-CHA BOX – FORWARD THEN BACK

1,2,3&4 Step R to right, step L beside R, shuffle fwd R, L, R
5,6,7&8 Step L to left, step R beside L, shuffle back L, R, L

BACK ROCK, SHUFFLE HALF LEFT, BACK ROCK, SHUFFLE FWD

1,2,3&4 Rock back on R, recover onto L, shuffle R,L,R turning 1/2L (6:00)
5,6,7&8 Rock back on L, recover onto R, shuffle fwd L,R,L

CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE SHUFFLE QUARTER 1/4L

1,2 Cross/rock R over L, recover onto L
3&4 Step R to right, step L together, step R to right
5,6 Cross/rock L over R, recover onto R
7&8 Step L to left, step R together, step L to left turning 1/4L (3:00)

PIVOT TURN, STEP FORWARD, KICK, &TOE &HEEL &TOE &HEEL &

1,2,3,4 Step R fwd, pivot 1/2L onto L, step R fwd, kick L fwd (9:00)
&5 Step L next to R, touch R toe back
&6 Step R next to L, touch L heel fwd
&7 Step L next to R, touch R toe back
&8 Step R next to L, touch L heel fwd
& Step L next to R