

Steh auf und leb (Get Up & live)

COPPERKNOB
BY STEPSHEETS

拍数: 32 墙数: 2 级数: Easy Improver
编舞者: Elisabeth Elkuch-Heid (CH/LIE) - February 2024
音乐: Steh auf und leb - Marina Marx



(Start of the dance: after 2x8, pause in the music - when she sings „welt“)

[1-8] Rock R Fwd, Recover L, Flick (Turning - Kinda Ronde in Air) 3/8 R (4:30), Rock L Fwd, Recover R, Coaster Step

1,2 Rock R Fwd, Recover L
3,4 3 /8 Turn R with your R Leg Ronde in Air, Step Down on R (4:30)
5,6 Rock L Fwd, Recover R
7&8 Step L Back, Step R next to L, Step L Fwd

Restarts here during Wall 2 & 6: Just Straighten up with Coaster step to 12

[9-16] Cross R over L, Step L Back with 1/8 Turn R (Straighten up to 6), Step R next to L, Cross Shuffle L over R, Shuffle 1/4 Turn R, Step L Fwd

1,2,3 Step Cross R over L, Step L Back with 1/8 Turn R (6), Step R next to L
4&5 Step Cross L over R, Step R to R, Step Cross L over R
6&7 Step R with 1/4 Turn R Fwd, Close L Behind R, Step R Fwd (9)
8 Step L Fwd

[17-24] 1/4 Turn R (Weight R), Cross L over R, Touch R to R, Cross R over L, Touch L to L, Step L Fwd, Touch R Toe Behind L, Step Down on R, Touch L Heel Fwd, Step Down on L

1,2 1/4 Turn R (Weight on R), Step Cross L over R
3,4 Touch R to R, Cross Step R over L
Restart here during Wall 9 (12): Step Change: 3,4 Touch R to R, Touch R next to L

5,6 Touch L to L, Step L Fwd
7&8& Touch R Toe Back, Step Down on R, Touch L Heel Fwd, Step Down On L

[25-32] Touch R Toe Back, Step Down On R, Fwd Anchor Step, Step R Fwd, Pivot Turn 1/2 L, Full Turn L (6)

1,2 Touch R Toe Back, Step Down on R
3&4 Cross Step L over R, Step R in Place, Step L in Place
5,6 Step R Fwd, 1/2 Turn L (Weight L)
7,8 Full Turn L: Step R Fwd & Back 1/2 Turn L, Step L Fwd 1/2 Turn L (6)

(Optional Two Steps Fwd: R, L

Enjoy and have fun! Live your Life - you only have one - get up & live

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