

Today My Life Begins

COPPERKNOB
BY STEPHANIE

拍数: 32 墙数: 4 级数: Beginner
编舞者: Ella Beth Wheatley (UK), Jo Kinser (UK), Mary Bee Friedrich (DE) & Stéphanie Bijon (FR) - March 2024
音乐: Today My Life Begins - Bruno Mars



Choreographers note : especially wrote for Hayley Wheatley birthday

Intro : 16 counts
**2 restarts : wall 2 and 5 after 16 counts

[1-8] STEP R, STEP L, MAMBO STEP R, BACK L, BACK R, COASTER STEP L

12 Step RF forward (1), Step LF forward (2)
3&4 Rock RF forward (3), Recover on LF (&), Step RF back (4)
56 Step LF back (5), Step RF back (6)
7&8 Step LF back (7), Step RF next to LF (&), Step LF forward (8)

[9-16] SIDE ROCK R, RECOVER L, CROSS SHUFFLE R, ¼ TURN R, STEP R, SHUFFLE L

12 Rock RF to R side (1), Recover on LF (2)
3&4 Cross RF over LF (3), Step LF to L side (&), Cross RF over LF (4)
56 ¼ turn to R, Step LF back (5), Step RF close to LF (6) 03:00
7&8 Step LF forward (7), Step RF next to LF (&), Step LF forward (8)

* Restart here on wall 2 at 6:00 and wall 5 at 3:00

[17-24] SWAY R, SWAY L, SIDE SHUFFLE, CROSS L, RECOVER R, ¼ TURN L SHUFFLE L FWD

12 Sway to R side (1), Sway to L side (2)
3&4 Step RF to R side (3), Step LF next to RF (&), Step RF to R side (4)
56 Cross rock LF over RF (5), Recover on RF (6)
7&8 ¼ turn to L, Step LF forward (7), Step RF behind LF (&), Step LF forward (8) 12:00

[25-32] STEP R, ½ TURN L, STEP LOCKSTEP R, POINT L FWD, POINT L SIDE, SAILOR ¼ TURN L

12 Step R forward (1), ½ turn to L, LF forward (2) 06:00
3&4 Step RF forward (3), Lock LF behind RF (&), Step RF forward (3)
56 Point LF forward (5), Point LF to L side (6)
7&8 Cross LF behind RF (7), Turn ¼ turn to L, RF to R side (&), Step LF to L side (8) 03:00

Ending : Step RF, ½ turn to L, with sunshine arms

March 2024

Last Update – 3 Apr. 2024 – R1