

For Life

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Alexis Strong (UK) & Caroline Cooper (UK) - May 2024
音乐: For Life (feat. Nile Rodgers) - Kygo & Zak Abel



Intro 16 (Start Dance Weight In L)

SECTION 1 GRAPEVINE TOUCH, DIAGONALLY FWD TOUCH, DIAGONALLY BK TOUCH

1-2 Step R to R side, cross L behind R
3-4 Step R to R side, touch L next to R
5-6 Step L to L diagonal, touch R next to L
7-8 Step R back to R diagonal, touch L next to R

SECTION 2 GRAPEVINE TURN HITCH, STEP BK RLR, TOUCH

1-2 Step L to L side, cross R behind L
3-4 ¼ turn L, stepping L fwd (9), hitch R
5-6 Step back R, L
7-8 Step back R, touch L next to R

SECTION 3 SHUFFLE FWD, SHUFFLE FWD, DIAGONALLY STEP FWD TOUCH, DIAGONALLY STEP BK TOUCH

1&2 Step L fwd, close R next to L, step fwd L
3&4 Step R fwd, close L next to R, step fwd R
5-6 Step L to L diagonal, touch R next to L
7-8 Step R back to R diagonal, touch L next to R

SECTION 4 STEP DIAGONALLY BK TOUCH, STEP DIAGONALLY FWD TOUCH, SIDE TOUCH, POINT OUT, TOUCH IN

1-2 Step L back to L diagonal, touch R next to L
3-4 Step fwd R to R diagonal, touch L next to R
5-6 Step L to L side, touch R next to L
7-8 Point R out to R side, touch R next to L (9)

Tag danced at the end of wall 5

1-2 Step R to R side, touch L next to R
3-4 Step L to L side, touch R next to L

Contact details

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