

Life Is a Show

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: High Beginner
编舞者: Foo Sally (MY) - June 2024
音乐: Life is just like a Drama (人生就是戲) - Tsai Chin (蔡琴)



DANCE SEQUENCE : Intro 32c (approx. 0.16 sec) BEGIN DANCE AT VOCAL

Sequence:

Wall 1 - 48c,

Wall 2 -48 , tag 2 c (shoulder Shimmy),

Wall 3 - 36c***, tag 4c (1&2 c shoulder shimmy,hold (&), R,L (3-4)),

Restart (12.00) same Wall dance WALL 4 - 44c* ,

At (6.00) dance Wall 5 short wall- 30c, tag 4c (shoulder shimmy)

Wall 6 – 48, tag 2c (1&2 shoulder shimmy) at 12.00 ,

Wall 7 – 36 ***, tag 4c (1&2c shoulder Shimmy , hold(&) Shoulder shimmy R,L,(3-4)

Wall 8 – 42c . End with (rocking chair, back mambo) X 2 (12c), 1&2 c shoulder shimmy (1-8)

[1-8] SEC 1: RF TOE STRUT, LF TOE STRUT,RF STEP TO RIGHT, LF RECOVER, RF CROSS SHUFFLE TO L

1 -2,3-4 RF step on ball of toe, RF step next to LF, LF step on ball of toe. LF step next to RF

5-6, RF step to right , LF recover ,

7&8 RF cross over LF , LF step behind RF, RF step forward

[9-16] SEC 2 : (12.00) FULL PADDLE RIGHT ¼ TURN ,RF STEP NEXT TO LF.

1-2 Making 1/4 R,step LF out to left , RF step in place.

3-4 Making ¼ turn right step LF out to left, RF step in place.

5-6 Making ¼ turn right step LF out to left, RF step in place

7-8 Making ¼ turn R step LF out to left, RF step next to LF

[17-24] (RF,LF STEP TOGETHER TO RIGHT) X 2 . (LF,RF STEP TOGETHER TO LEFT) X 2

1 -2,3-4 RF step to right ,LF step beside RF, RF step to right, LF step beside RF

5-6,7-8 LF step to left, RF step beside LF, LF step to left, RF step beside LF

[25-32] SEC 4: RF DIAGONALLY STEP BACK TO RIGHT., LF STEP BACK BESIDE RF, LF DIAGONALLY STEP TO LEFT, RF STEP BESIDE LF. RF DIAGONALLY STEP FORWARD TO RIGHT,LF DIAGONALLY STEP BESIDE RF LF DIAGONALLY STEP FORWARD TO LEFT, RF DIAGONALLY STEP BESIDE LF.

1-2 RF diagonally step back to right , LF step back next to RF

3-4 LF diagonally step back to left, RF step back next to LF.

5-6 RF diagonally step forward right, LF step forward beside RF

7-8 LF diagonally step forward to left, RF step forward next to LF.

[33-40] SEC 5: (HIP SWAY RIGHT , LEFT) X 2 , R ROCKING CHAIR FWD,

1 -4 Hip sway to R, L,R,L

5,6,7, 8 RF rock forward, LF recover, RF rock back , LF recover

[41-48] SEC 6 : BACK MAMBO , ½ TURN PIVOT RIGHT, STEP R,L,R,L.

1 & 2 LF rock back, RF recover , LF rock forward

3- 4 LF,RF pivot ½ turn right, RF recover beside LF

5,6,7,8 Step in place RF,LF,RF,LF

END OF DANCE. HAPPY DANCING

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