

Life Is Like a Runway

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
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音乐: Choose Your Fighter - Ava Max : (Amazon)



No tags or restarts

Start after 36 count intro – approx. 17secs – track 2mins 18secs – 140bpm

[1-8] R/L forward toe/heel struts, R rocking chair

1-4 Touch R toes forward, step R heel down, touch L toes forward, step L heel down
5-8 Rock R forward, recover weight on L, rock R back, recover weight on L

[9-16] R forward, hold, ¼ L pivot turn, hold, R jazz box

1-2 Step R forward, hold
3-4 Turning ¼ left, hold (9 o'clock)
5-8 Cross step R over L, step L back, step R side, step L forward

[17-24] R forward, hold, ¼ L pivot turn, L weave with ¼ L turn

1-2 Step R forward, hold
3-4 Turning ¼ left, hold (6 o'clock)
5-8 Cross step R over L, step L side, cross R behind L, turning ¼ left step L forward (3 o'clock)

[25-32] Step or jump R/L apart, hold, step or jump R/L back together, hold, step R diagonal forward, step L diagonal forward, step R back to place, step L back to place (in other words a V step on counts 29-32)

&1-2 Step or jump R apart, step or jump L apart, hold

Non syncopated option: step R apart, step L apart

&3-4 Step or jump R back to place, step or jump L back to place, hold

Non syncopated option: step R in place, step L in place

5-8 Step R forward on right diagonal, step L side on left diagonal, step R back, close left together

Have fun & enjoy!