

Life Goes On

COPPERKNOB
STEPSHEETS

拍数: 52 墙数: 2 级数: Intermediate
编舞者: Gloria Johnson (USA)
音乐: Land of the Living - Pam Tillis



TOE-HEEL TOUCHES; IN-IN, HOLD; OUT-OUT, HOLD

1-2 Touch right toe beside left in-step; touch right heel beside left in-step
3-4 Touch right toe beside left in-step; touch right heel beside left in-step
&5-6 Step right foot in toward left foot; step left foot in toward right foot; hold
&7-8 Step right foot out to right side; step left foot out to left side; hold.

KNEE POPS; TURNING SHUFFLES

9-10 Raise both heels causing knees to bend; lower heels to floor
11-12 Raise both heels causing knees to bend; lower heels to floor
13&14 Shuffle right-left-right turning $\frac{1}{4}$ right
15&16 Shuffle left-right-left turning $\frac{1}{2}$ right (steps 13-16 equal a $\frac{3}{4}$ turn).

Put some attitude into the "knee-pop" movement by bending and raising arms and pulling them towards to body when heels are lowered or if this is not comfortable, snap fingers on both hands as heels are lowered.

KICK, KICK, STOMP, STOMP; TURNING SHUFFLES

17-18 Kick right foot forward twice
19-20 Stomp right; stomp left
21&22 Shuffle right-left-right turning $\frac{1}{4}$ right
23&24 Shuffle left-right-left turning $\frac{1}{2}$ right (steps 21-24 equal a $\frac{3}{4}$ turn).

KICK, KICK, STOMP, STOMP; RIGHT SCUFFS FORWARD, STOMP

25-26 Kick right foot forward twice
27-28 Stomp right; stomp left
29-30 Scuff right foot forward; scuff right foot back across left leg (hook)
31-32 Scuff right foot forward; stomp right beside left.

LEFT SCUFF; TURNING SHUFFLE; ROCK STEP

33-34 Scuff left foot forward; scuff left foot back across right leg (hook)
35-36 Scuff left foot forward; scuff left back beside right
37&38 Turning $\frac{1}{4}$ left, shuffle left-right-left
39-40 Rock-step forward on right; step back on left

TURNING SHUFFLE; ROCK STEP; KICK-BALL-STEP; KICK-BALL-STEP

41&42 Turning $\frac{1}{4}$ right, shuffle right-left-right
43-44 Rock-step forward on left; step back on right
45&46 Kick left foot forward; step left foot slightly left; step right foot slightly left
47&48 Kick left foot forward; step left foot slightly left; step right foot slightly left.

Dancers should travel slightly left in steps 45-48.

SIDE TOUCHES; CROSS-STEPS; ROCK STEP

49-50 Touch left toe to left side; cross-step left over right
51-52 Touch right toe to right side; cross-step right behind left
53-54 Touch left toe to left side; cross-step left behind right
55-56 Rock step back on right; step forward onto left.

REPEAT

