

Life Goes On

COPPER KNOB
STEPPERS

拍数: 64 墙数: 1
编舞者: Tiffany Armstrong (AUS)
音乐: Life Goes On - LeAnn Rimes

级数: Improver line/contra dance



ROCK FORWARD, RECOVER, ½ TURN CHA, ROCK FORWARD, RECOVER, ¾ TURN CHA

- 1-2 Right forward and rock, rock onto left
- 3&4 ½ turn right while stepping onto right, left, right
- 5-6 Left forward and rock, rock onto right
- 7&8 ¾ turn left while stepping onto left, right, left

WEAVE, SIDE ROCK, RECOVER, SHUFFLE

- 1-2 Right to right, left behind right
- 3-4 Right to right, left over right
- 5-6 Right to right and rock, rock onto left
- 7&8 Shuffle forward (right, left, right)

WEAVE, SIDE ROCK, RECOVER, ½ TURN CHA

- 1-2 Left to left, right behind left
- 3-4 Left to left, right over left
- 5-6 Left to left and rock, rock onto right
- 7&8 ½ turn left while stepping onto left, right, left

MAMBO CROSS FRONT AND BEHIND, CROSS ROCK, RECOVER, ¼ TURN CHA

- 1&2 Right over left, step onto left, right to right
- 3&4 Left behind right, step onto right, left to left
- 5-6 Right over left and rock, rock onto left
- 7&8 ¼ turn right while stepping right, left, right

ROCK FORWARD, RECOVER, ½ TURN CHA, ROCK FORWARD, RECOVER, ¾ TURN CHA

- 1-2 Left forward and rock, rock onto right
- 3&4 ½ turn left while stepping onto left, right, left
- 5-6 Right forward and rock, rock onto left
- 7&8 ¾ turn right while stepping onto right, left, right

WEAVE, SIDE ROCK, RECOVER, SHUFFLE

- 1-2 Left to left, right behind left
- 3-4 Left to left, right over left
- 5-6 Left to left and rock, rock onto right
- 7&8 Shuffle forward (left, right, left)

WEAVE, SIDE ROCK, RECOVER, ½ TURN CHA

- 1-2 Right to right, left behind right
- 3-4 Right to right, left over right
- 5-6 Right to right and rock, rock onto left
- 7&8 ½ turn right while stepping onto right, left, right

MAMBO CROSS FRONT AND BEHIND, CROSS ROCK, RECOVER, ¼ TURN CHA

- 1&2 Left over right, step onto right, left to left
- 3&4 Right behind left, step onto left, right to right
- 5-6 Left over right and rock, rock onto right

7&8 ¼ turn left while stepping left, right, left

REPEAT

For extra fun, dance in contra lines.
