

Live It Up

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Alan Haywood (UK)
音乐: Live It Up Tonight - Enrique Iglesias



STOMP, KICK, BEHIND AND ACROSS. ROCK, RECOVER, BEHIND, ¼ RIGHT, STEP FORWARD

1-2 Stomp right foot slightly forward of left, kick right diagonally right forward
3&4 Step right behind left, left to left side, step right across left
5-6 Rock left to left side, recover weight onto right
7&8 Step left behind right, step right ¼ right, step left forward

2 X HEEL BALL CROSS, HEEL GRIND ¼ RIGHT, COASTER STEP

1&2 Touch right heel forward, step right in place, cross step left over right
3&4 Touch right heel forward, step right in place, cross step left over right
5-6 Touch right heel forward, grind heel ¼ turn right, step back on left
7&8 Step back right, step left next to right, step right forward

SIDE SHUFFLE, BEHIND UNWIND ½ RIGHT, FORWARD SHUFFLE, ROCK, RECOVER

1&2 Step left to left side, close right next to left, step left to left side
3-4 Touch right toe behind left, unwind ½ a turn right
5&6 Step left forward, close right next to left, step left forward
7-8 Rock forward onto right, recover weight onto left

BEHIND AND ACROSS, SIDE ROCK AND CROSS, ¼ RIGHT SHUFFLE, TRIPLE FULL TURN RIGHT

1&2 Step right behind, left to left side, step right over left
3&4 Rock left to left side, step right next to left, cross step left over right
5&6 Step right ¼ right, close left next to right, step right forward
7&8 ½ turn right, stepping left back, ½ turn right, stepping right forward, step left forward

Option - left forward shuffle

REPEAT
