

Livin' It Up

COPPER **KNOB**
BY STEPHENETS

拍数: 48 墙数: 2 级数: Intermediate
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音乐: Livin' It Down - Delbert McClinton



SIDE SHUFFLE, ROCK, REPLACE - SIDE SHUFFLE, ROCK, REPLACE

1&2-3-4 Side shuffle right (right-left-right), rock left back, replace weight right
5&6-7-8 Side shuffle left (left-right-left), rock right back, replace weight left

HEEL-BALL-FORWARD, FORWARD, HOLD - HEEL-BALL-FORWARD, FORWARD, HOLD

1&2-3-4 Tap right heel forward, step right back next to left, step left forward, step right forward, hold
5&6-7-8 Tap left heel forward, step left back next to right, step right forward, step left forward, hold

½ LEFT, BACK, BACK SHUFFLE - ¼ SHUFFLE LEFT, ¼ PIVOT LEFT

1-2-3&4 Right forward starting ½ turn left, left back completing ½ turn, shuffle back right-left-right
5&6-7-8 Left back into ¼ left, right next to left, side step left, right forward into ¼ pivot left(weight left)

CROSS, BACK, ¼ RIGHT, HOLD - CROSS, BACK, ¼ LEFT, HOLD

1-2-3-4 Cross step right over left, step left back, side step right into ¼ turn right, hold
5-6-7-8 Cross step left over right, step right back, side step left into ¼ turn left, hold

FORWARD, TOUCH, BACK, TOUCH - ½ RIGHT, TOUCH, ½ LEFT, BRUSH

1-2-3-4 Step right forward, touch left behind right, step left back, touch right next to left
5-6-7-8 Back right into ½ right, touch left behind right, back left into ½ left, brush right forward

½ PIVOT LEFT, ½ PIVOT LEFT - ROCK FORWARD-BACK, ½ RIGHT, STOMP DOWN

1-2-3-4 Step right forward into ½ pivot left (weight left), step right forward into ½ pivot left (weight left)
5-6-7-8 Step right forward, step left back, step right back into ½ turn right, stomp left next to right

REPEAT

RESTART

After the 4th repetition (you will be facing the front wall) do the first 16 counts and restart (after the heel-ball-step-forward-holds)
