

# Ride The Rhythm/life Has Meaning

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
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音乐: Life Has Meaning - James JD Wilkerson



## **CROSS, TOUCH, BACK, TOUCH, HALF TURN, (WITH ARM MOVEMENTS) SIDE BODY ROLL**

1-2      Cross right toe over left & touch, bring right toe back & touch out to right side

**Cross arms in front as you cross toe in front, bring arms back out to sides on the touch**

3-4      Cross right toe behind left & touch, touch right toe out to right side

**Cross arms in front as you cross toe behind, bring arms back out to sides on the touch**

**Weight is on left foot for first four counts**

5-6      Sweep right toe around to right making  $\frac{1}{2}$  turn step on right, then left

7-8      Side body roll or hip roll to right and back to left (weight is on left)

## **FORWARD MOON WALK RIGHT, LEFT, RIGHT, LEFT, HEEL JACK, STEP, SLIDE TOUCH**

1-4      Slide right toe forward step, slide left toe forward step, repeat: right - left

5-6      Step back on right place left heel forward, bring left foot back in place and touch right toe beside left

7-8      Step on right toe out to right side, slide left toward right foot placing weight on left and touching right toe out to right side

**When you slide left to right you will actually step on left about where your right toe was and your right toe now will touch or point to right a little farther**

## **CROSS $\frac{1}{2}$ TURN, KICK BALL STEP, & TWO SETS OF "TUSHIE SITS"**

1-2      Cross right over left, turn  $\frac{1}{2}$  turn to left keeping weight on left

3&4      Kick right foot forward, bring right back and step, place left foot forward

5      Bending kneeling & left foot forward lower hips down (as if you were going to sit down)

6      Now bring the hips back up & straighten right knee

**Keep left knee out front and slightly bent. For lack of a better name we called it a "tushie sit"**

7-8      Repeat 5-6

**You can call it down, up, down, up**

## **LEFT COASTER STEP, TOUCH CROSS, TOUCH CROSS, $\frac{1}{4}$ TURN LEFT WITH HIP ROLL**

1&2      Step back on left, back on right, forward on left

3-4      Touch right toe to right side, cross right over left (weight on right)

5-6      Touch left toe to left, step left behind right (weight on left)

7-8      Keep weight on left foot roll hips and knees left to right twice while making  $\frac{1}{4}$  turn left

**REPEAT**