

Story Of My Life

COPPER **KNOB**
BY STEPHENETS

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Story Of My Life - Smash Mouth



SHOULDER-SHOULDER, BEHIND-SIDE-TOUCH; REPEAT

- 1&2& Rock out to right side on right foot pushing right shoulder to right, bring shoulders back to center, push right shoulder to right again, recover weight to left foot
- 3&4 Moving to left side cross right behind left, step left to left side, touch right next to left
- 5-8 Repeat counts 1&2&, 3&4

¼ TURN WALK RIGHT-LEFT, ½ TURN, ½ TURN, ROCK, RECOVER, ½ TURN, ¼ TURN

- 1-4 Turn ¼ right and walk with attitude towards 3:00 wall, right then left, make ½ turn left stepping back on right, make ½ turn left stepping forward on left
- 5-6 Rock forward on right dipping right shoulder down, rock weight back to left foot and prep body to turn to the right
- 7-8 Make a ½ turn to right stepping forward on right, make a ¼ turn to right stepping to left side on left (facing 12:00)

KICK, STEP, KICK, STEP, KICK FRONT, KICK BACK, HOLD, BALL-STEP

- 1-2 Angle body left and kick right foot diagonal left and across left leg -arms go in front of body angled to left with right wrist crossed on top of left wrist, step right next to left and bring arms down to sides
- 3-4 Angle body right and kick left foot diagonal right and across right leg - arms go in front of body angled to left with left wrist crossed on top of right wrist, step left next to right and bring arms down to sides
- 5-6 Angle body left and kick right foot diagonal left and across left leg arms go in front of body angled to left with right wrist on top of left wrist, kick right foot diagonal back and to the right - arms go down to sides and pulled back behind body as far as you can (weight is still on left foot)
- 7&8 Hold your position with arms back for 1 count, step right next to left, step left slightly forward (facing 12:00)

WALK FORWARD (WITH ARMS) RIGHT-LEFT-RIGHT-LEFT, STEP RIGHT, PIVOT ½, ½ TURN, STEP BACK

- 1-2 Walk forward on right foot and raise left arm straight up in the air, walk forward on left foot and bring left arm down while bringing right arm straight up in the air
- 3-4 Walk forward on right foot bringing right arm down so that both arms are down at sides, walk forward on left and bring both arms straight up over head
- 5-6 Step forward on right and bring both arms out to sides, pivot ½ to left bringing both arms down to sides
- 7-8 Make ½ turn left stepping back on right foot, step straight back on left

SIDE SHUFFLE, LEFT SAILOR STEP, ¾ PIROUETTE TURN, STEP FORWARD RIGHT-LEFT, POINT RIGHT

- 1&2 Shuffle to right side right, left, right
- 3&4 Left sailor step crossing left behind right, stepping right slightly to the right, step left slightly to the left side keeping right pointing out to right side
- 5 Keeping weight on left foot bring right leg in and make a ¾ turn right
- 6-7 Step forward right, left
- 8 Point right toe forward (facing 9:00)

STEP BACK, DRAG, STEP FORWARD, ½ HITCH TURN, HEEL-TOE, KICK-STEP-CROSS

- 1-2 Take a big step back on right foot, drag left foot back into hook in front of right
- 3-4 Step forward on left foot, hitch right knee up making $\frac{1}{2}$ turn to the left
- 5-6 Tap right heel forward, tap right toe back
- 7&8 Kick right foot forward, step right next to left, cross left over right (facing 3:00)

REPEAT

ENDING

At the end of the song you will have just completed the &8 of section 3, turn $\frac{1}{2}$ right to face front and hold arms out to sides with palms up saying that's the story of your life
