

That's Life

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Improver
编舞者: Cathy Montgomery (CAN)
音乐: C'est La Vie - B*Witched



SYNCOPATED ROCK RIGHT FORWARD, SYNCOPATED ROCK LEFT BACK

1&2 Rock right foot forward, recover onto left, step right foot forward
3&4 Rock left foot back, recover onto right, step left foot back

If any difficulty with above steps, teach as a forward coaster, and a back coaster

ROCK FORWARD RIGHT, BACK ON LEFT, ½ TURN SHUFFLE OVER RIGHT SHOULDER

5-6 Rock right foot forward, recover onto left
7&8 Turning shuffle turning ½ right stepping right, left, right

SYNCOPATED ROCK LEFT FORWARD, SYNCOPATED ROCK RIGHT BACK

1&2 Rock left foot forward, recover onto right, step left foot forward
3&4 Rock right foot back, recover onto left, step right foot back

If any difficulty with above steps, teach as a forward coaster, and a back coaster

ROCK FORWARD LEFT, BACK ON RIGHT, ¼ TURN SHUFFLE OVER LEFT SHOULDER

5-6 Rock left foot forward, recover onto right
7&8 Turning shuffle turning ¼ left stepping left, right, left

POINT RIGHT TOE SIDE AND HOLD, POINT LEFT TOE SIDE AND HOLD

1-2 Touch right toe to side, hold
&3-4 Step right foot beside left, touch left toe to side, hold

TOUCH RIGHT HEEL FORWARD, TOUCH LEFT HEEL FORWARD, TOUCH RIGHT TOE BACK AND HOLD

&5 Step left foot beside right, touch right heel forward
&6 Step right foot beside left, touch left heel forward
&7-8 Step left foot beside right, touch right toe back, hold

TOUCH LEFT HEEL FORWARD, AND HOLD, 3 SAILOR SHUFFLES STARTING ON LEFT

&1-2 Step right foot beside left, touch left heel forward, hold

Clap optional on hold

3&4 Step left foot behind right, step right foot to side, step left foot beside right
5&6 Step right foot behind left, step left foot to side, step right foot beside left
7&8 Step left foot behind right, step right foot to side, step left foot beside right

STEP RIGHT SIDE HOLD, LEFT SAILOR, STEP RIGHT SIDE HOLD, LEFT SAILOR

&1-2 Step right foot to side, hold
3&4 Step left foot behind right, step right foot to side, step left beside right
5-6 Step right foot to side, hold
7&8 Step left foot behind right, step right foot to side, step left beside right

SYNCOPATED VINE TO LEFT, WITH A RIGHT HEEL JACK

1 Step right foot in front of left
&2 Step left foot beside right, step right foot behind left
&3 Step left foot beside right, rock right foot in front of left
&4 Recover onto left, touch right heel diagonally forward

SYNCOPATED VAUDEVILLE STEPS

- &5 Step right foot beside left, step left foot over right
- &6 Step right foot back, touch left heel forward
- &7 Step left foot beside right, step right foot over left
- &8 Step left foot back, touch right heel forward

CROSS HOLD, AND CROSS, AND CROSS, AND HEEL BALL STEP, HEEL BALL STEP

- &1-2 Step right foot beside left, step left foot over right, hold
- &3&4 Step right foot to side, cross step left foot over right, step right foot to side, cross step left foot over right
- 5&6 Touch right heel diagonally forward, step right foot in place, step left foot over right
- 7&8 Repeat 5&6

ROCK FORWARD RIGHT ½ TURN SHUFFLE, ROCK FORWARD LEFT COASTER IN PLACE

- 1-2 Rock right foot forward, recover onto left
- 3&4 Turning shuffle turning ½ right stepping right, left, right
- 5-6 Rock left foot forward, recover onto right foot
- 7&8 Step left foot back, step right foot beside left, step left foot forward

REPEAT

RESTART

Restart after count 32 on wall 2

TAG

Danced after count 32 of wall 4

- 1-4 Stomp right, stomp left, stomp right, stomp left

ROGER RABBITS

These are sailors shuffles, completed with hopping motion starting on the right

- &1&2 Hop on left foot, step right foot behind left, step left foot to side, step right foot beside left
- &3&4 Hop on right foot, step left foot behind right, step right foot to side, step left foot beside right
- &5&6 Hop on left foot, step right foot behind left, step left foot to side, step right foot beside left
- &7&8 Hop on right foot, step left foot behind right, step right foot to side, step left foot beside right

If any difficulty with the above steps, replace with sailor shuffles

SYNCOPATED CROSS SHUFFLE ¼ TURN, SYNCOPATED CROSS SHUFFLE, SYNCOPATED CROSS SHUFFLE ¼ TURN, SYNCOPATED CROSS SHUFFLE IN PLACE

- 1&2 Step right foot over left, turn ¼ left and step left foot back, step right beside left
- 3&4 Step left foot over right, step right foot back, step left foot beside right
- &5&6 Step right foot over left, turn ¼ left and step left foot back, step right foot beside left
- &7&8 Step left foot over right, step right foot back, step left beside right

- 1-16 Repeat Roger Rabbits, and cross shuffles

Begin main part of dance again at count 1
