

You Only Get One Chance!

COPPER STEPSHEETS **KNOB**

拍数: 64 墙数: 2 级数: Intermediate/Advanced
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音乐: Let's Live It Up - Paul Brandt



INTRO

LEFT STEP/HOLD, RIGHT TOUCH/HOLD, RIGHT STEP/HOLD, LEFT TOUCH/HOLD, LEFT STEP/HOLD, RIGHT MONTEREY TURN (½-RIGHT)/HOLD, LEFT STEP/HOLD

- 1-2 Step left foot forward, hold position
- 3-4 Touch right toe out to right side, hold position
- 5-6 Step right foot forward, hold position
- 7-8 Touch left toe out to left side, hold position
- 9-10 Step left foot forward, hold position
- 11-12 Touch right toe out to right side, make a ½ turn right on ball of left foot stepping right next to left
- 13-14 Touch left toe out to left side, hold position
- 15-16 Step left foot forward, hold position

RIGHT FORWARD STEP (X3)/HOLD, LEFT STEP/HOLD, RIGHT STEP/½ PIVOT LEFT, RIGHT FORWARD STEP (X3)/HOLD, LEFT STEP/HOLD, RIGHT STEP/½ PIVOT LEFT

- 17-18-19 Step ball of right foot forward three times, progressively more forward on each count
- 20 Hold position
- 21-22 Step left foot forward, hold position
- 23-24 Step right foot forward, pivot a ½ turn left
- 25-32 Repeat steps 17-24

RIGHT SIDE STEP (X3)/HOLD, LEFT SIDE STEP (X3) (¼-LEFT)/HOLD, WALK ROUND IN ¾ CIRCLE RIGHT (WITH HOLDS)

- 33-34-35 With right toe pointing right - step ball of right foot out to right side three times
- 36 Hold position

Hands: splay hands down and out to side over counts 33-35

- 37-38-39 With left toe pointing left - step ball of left foot out to left side making a ¼ turn left on final count
- 40 Hold position

Hands: splay hands down and out to side over counts 37-39

- 41-48 Walk round in a ¾ circle right to face front wall again - right, hold, left, hold, right, hold, left, hold

THE MAIN DANCE

RIGHT KICK/CROSS STEP, LEFT BACK ROCK/RECOVER, LEFT KICK/CROSS STEP, RIGHT BACK ROCK/RECOVER

- 1-2 Kick right foot forward, cross step right foot over left
- 3-4 Rock left foot back, recover weight onto right foot
- 5-6 Kick left foot forward, cross step left foot over right
- 7-8 Rock right foot back, recover weight onto left foot

RIGHT STEP/LEFT HITCH TURN (½-LEFT), LEFT STEP/RIGHT HITCH, RIGHT STEP/LEFT HITCH TURN (½-LEFT), LEFT STEP/RIGHT HITCH

- 9-10 Step right foot forward, hitch left knee and make a ½ turn on right foot (click fingers)
- 11-12 Step left foot forward, hitch right knee (click fingers)
- 13-14 Step right foot forward, hitch left knee and make a ½ turn on right foot (click fingers)
- 15-16 Step left foot forward, hitch right knee (click fingers)

RIGHT CROSS, LEFT SIDE ROCK/RECOVER, ½ TURN RIGHT, RIGHT KICK/STEP, LEFT FORWARD ROCK/RECOVER

- 17 Cross step right foot over left
- 18-19 Rock left foot to left side, recover weight onto right foot
- 20 Make a ½ turn right on right foot stepping left foot to place beside right
- 21-22 Kick right foot forward, step right foot forward
- 23-24 Rock left foot forward, recover weight back onto right foot

LEFT STEP BACK/RIGHT LOW SIDE KICK, RIGHT STEP BACK/LEFT LOW SIDE KICK, LEFT STEP BACK/RIGHT LOW SIDE KICK, RIGHT BACK ROCK/RECOVER

- 25-26 Step left foot back, low kick right foot to right side
- 27-28 Step right foot back, low kick left foot to left side
- 29-30 Step left foot back, low kick right foot to right side
- 31-32 Rock right foot back, recover weight onto left foot

RIGHT SIDE STEP (X3)/LEFT KNEE ROLL, LEFT SIDE STEP (X3)/RIGHT KNEE ROLL

- 33-34-35 With right toe pointing right - step ball of right foot out to right side three times (end in lunge position)
 - 36 Roll left knee out to left side
- Hands: splay hands down and out to side over counts 33-35**
- 37-38-39 With left toe pointing left - step ball of left foot out to left side three times (end in lunge pos.)
 - 40 Roll right knee out to right side

Hands: splay hands down and out to side over counts 37-39

RIGHT SIDE STEP/LEFT TOUCH, LEFT SIDE STEP (¼-LEFT)/RIGHT TOUCH, RIGHT STEP/½ PIVOT LEFT, RIGHT STEP/LEFT TOGETHER

- 41-42 Step right foot to right side, touch left toe to place beside right foot
- 43-44 Step left foot to left side a ¼ turn left, touch right toe to place beside left foot
- 45-46 Step right foot forward, pivot a ½ turn left
- 47-48 Step right foot forward, step left foot to place beside right

RIGHT SIDE STOMP/HOLD (2 COUNTS), RIGHT SIDE STOMP/HOLD, LEFT TOUCH/SIDE STEP (¼-LEFT), RIGHT BRUSH (¼-LEFT)

- 49 Stomp ball of right foot out to right side (right knee bent - hands splayed down and out)
- 50-51 Hold position for 2 counts, straightening body on count 3
- 52 Stomp ball of right foot out to right side (right knee bent - hands splayed down and out)
- 53 Hold position
- 54-55 Touch left toe to place beside right, step left foot to left side a ¼ turn left
- 56 Brush right foot forward making a ¼ turn left on left foot

RIGHT VINE WITH LEFT DIAGONAL KICK, LEFT SIDE STEP/RIGHT CROSS/LEFT SIDE STEP/RIGHT KICK

- 57-58 Step right foot to right side, step left foot behind left
- 59-60 Step right foot to right side, kick left foot diagonally forward
- 61-62 Step left foot to left side, cross step right foot over left
- 63-64 Step left foot to left side, kick right foot forward

REPEAT

TAG 1

Insert between counts 32 and 33 of wall 3

RIGHT TOUCH/STEP, LEFT TOUCH/STEP

- 1-2 Touch right toe out to right side, step right foot to place beside left
- 3-4 Touch left toe out to left side, step left foot to place beside right

TAG 2

After wall 6

RIGHT SIDE STEP/LEFT CROSS/RIGHT SIDE STEP/LEFT TOGETHER

1-2 Step right foot to right side, cross step left foot over right

3-4 Step right foot to right side, step left foot to place beside right
