

Joy Of Life Waltz

COPPERKNOB
BY STEPHEN BRETZ

拍数: 72 墙数: 4 级数: Intermediate/Advanced waltz
编舞者: Wartan Jemian (USA)
音乐: Song for the Life - Alan Jackson



Emphasize the first and fourth steps in each sequence of six counts. These steps should be taken in strict time with the music. The other steps may be adjusted for continuity of motion

SPIN KICK AHEAD

- 1-3 Step left ahead with $\frac{1}{4}$ turn to the left, step right ahead with $\frac{3}{4}$ turn to the left, short step left ahead to stop turn. These three steps are towards 12:00
- 4 Kick right foot forward, swinging leg and foot from the knee
- 5 Step right foot back from the knee, pivoting $\frac{1}{2}$ to the right using the shoulders for momentum
- 6 Kick left ahead, swinging leg and foot from the knee. /balance, continuity and form are of primary importance in this sequence

SPIN KICK BACK

- 7-12 Repeat steps 1-6, but towards 6:00 to return towards starting point

TURNING VINE WITH KICK AND SHUFFLE RETURN

- 1-3 Step left with left, step right behind, step left to left turning $\frac{1}{4}$ to the left
- 4-6 Kick right ahead towards 9:00, step back on right turning $\frac{1}{4}$ to the left, short step left ahead turning $\frac{1}{4}$ to the left
- 7-9 Right-left-right in place
- 10-12 Step left ahead, touch right beside, step right ahead

KICK TURNS

- 1 Step left in place
- 2 Kick right forward
- 3 Swing right back, turning $\frac{1}{4}$ to the right, use shoulder momentum
- 4 Touch right in place
- 5 Kick right forward
- 6 Swing right back, turning $\frac{1}{4}$ to the right, use shoulder momentum
- 7 Touch right in place
- 8 Kick right forward
- 9 Swing right back, turning $\frac{1}{4}$ to the right, use shoulder momentum
- 10-12 Right-left-right

TURNING VINE WITH KICK AND SHUFFLE RETURN

- 1-12 Repeat steps 13-24

SKATERS WALTZ AND HESITATION WALTZ

- 1-3 Step diagonally forward to left on left, drag right toe towards left foot, tap right toe next to left
- 4-6 Step diagonally forward to right on right, drag left toe towards right foot, tap left toe next to right
- 7-9 Step diagonally back to left on left, step right together, step left in place
- 10-12 Step diagonally back to right on right, step left together, touch right in place

SKATERS WALTZ, STEP DRAG AND JAZZ TWINKLE

- 1-3 Step right foot to side with large step, drag left foot towards right, touch left toe next to right foot
- 4-6 Step left foot to side with large step, drag right foot towards left, step right foot next to left

7-9

Step forward on left, point right toe to side, hold

10-12

Cross step right over left, step back on left, touch right together

REPEAT
