

It's My Life

COPPERKNOB
STEPSHEETS

拍数: 44 墙数: 2 级数: Intermediate
编舞者: Peter McCreery (UK)
音乐: It's My Life - Bon Jovi



CROSS KICKS AND FORWARD WALKS

- 1 Cross right foot over left
- 2 Kick left foot to left side
- 3 Cross left over right
- 4 Kick right foot to right side
- 5-8 Walk forward, right, left, right, left

1 ¼ TURN WITH TOE STRUTS

- 9-10 ¼ turn to right with a right toe strut
- 11-12 ½ turn to right with a left toe strut
- 13-14 ½ turn to right with right toe strut
- 15-16 Left toe strut forward

CROSS ROCK, ¼ TURN SHUFFLE AND WEAWE

- 17-18 Rock step right across left, rock back on left
- 19&20 ¼ turn to right, step right to right side, bring left together and step right to right side
- 21 Cross left over right
- 22 Step right to right side
- 23 Step left behind right
- 24 ¼ turn to right stepping right forward

½ TURN, ¼ TURN ROCK AND SAILOR SHUFFLES

- 25-26 Step left foot forward, ½ turn to right
- 27 Step left foot forward
- 28 Rocking back onto right, turn ¼ turn to the right
- 29&30 Sailor shuffle with left foot
- 31-32 Sailor shuffle with right foot

KICKS WITH TURNS

- 33 Kick left foot forward
- 34 Touch left toe behind
- 35-36 Unwind ½ turn to left
- 37 Kick right foot forward
- 38 Touch right toe behind
- 39-40 Unwind ½ turn to right

SHOULDER ROLLS

- 41 Step left foot forward
- 42 Step right foot beside left
- 43 Roll right shoulder
- 44 Roll left shoulder

REPEAT