

It's My Life

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4
编舞者: Barry Amato (USA)
音乐: It's My Life - No Doubt

级数: Intermediate/Advanced



HIP ROLL/STEP, STEP, HIP ROLL, TOUCH (DIAGONALLY RIGHT), HIP ROLL/STEP, STEP, HIP ROLL, STEP (DIAGONALLY LEFT)

- 1-2 Lift right foot and roll right hip to the right and step down on the right foot (as you do this open your body to face 10:00), step left next to right
- 3-4 Lift right foot and roll right hip to the right and step down on the right foot, touch left foot next to right
- 5-6 Lift left foot and roll left hip to the right and step down on the left foot (as you do this open your body to face 2:00), step right foot next to left
- 7-8 Lift left foot and roll left hip to the right and step down on the left foot, step right foot next to left

STEP OUT/OUT/IN/CROSS, TWIST 2X ¼ TURN, STEP, STEP, PIVOT, STEP

- &1 Step out with left foot, step out with right foot
- &2 Step in with left foot, step in with right foot crossing it in front of left
- 3&4 Twist on the balls of both feet right-left-center as you are ¼ turn left
- 5-6 Step forward on the left foot, step forward on the right foot
- 7-8 Pivot a ½ turn left with left foot taking weight, step forward on the right foot

HEEL FORWARD, TOE BACK, ¼ TURN, STEP TOGETHER, STEP, KNEE ROLL IN/OUT WITH A ¼ TURN, STEP FORWARD, PIVOT

- 1-2 Tap left heel forward, leaning back slightly, tap left toe straight back, leaning forward slightly
- 3&4 ¼ turn left and place weight down on left foot, step right foot together with the left, step to the left on the left foot
- 5 Roll right knee in (like a figure 8)

Do this move more from the hip than from the knee

- 6 Roll knee out as you ¼ turn right and place weight down on right foot
- 7-8 Step forward on the left foot, pivot ½ turn right with right foot taking weight

PUSH OFF BALL OF LEFT FOOT, RECOVER IN PLACE, ½ TURN/STEP, TOUCH SIDE, TOUCH CENTER, WALK, WALK, STEP PIVOT

- 1&2 Push off the ball of the left foot, recover on the right foot in place, do a ½ turn to the left on the ball of the right and step down on the left foot
- 3-4 Touch right foot to right side, touch right foot next to left foot
- 5-6 Walk forward right-left
- 7-8 Step forward on the right foot, pivot ½ turn left with left foot taking weight

REPEAT