

I Owe It All To You

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Alex Spencer (UK)
音乐: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes



KICK KICK, COASTER STEP, ROCK FORWARD, ROCK BACK, TRIPLE ½ TURN

1-2 Kick right forward, kick right forward
3&4 Step right back, step left beside right, step right forward
5-6 Rock forward on to left, rock back on to right
7&8 Turn ½ turn left on a left, right, left

STEP TURN, SHUFFLE, TWICE

1-2 Step right forward pivot ½ turn left
3&4 Step right forward, step left beside right, step right forward
5-6 Step left forward, pivot ½ turn right
7&8 Step left forward, step right beside left, step left beside right

HIP BUMPS, HIP ROLL TWICE

1-2 Bump hips to right side, bump hips to left side
3-4 Roll hips in a semicircle anti to the right
5-6-7-8 Repeat above steps

RIGHT CHASSE, ¼ CHASSE, BACK SHUFFLE, BACK ROCK

1&2 Step right to right side, step left beside right, step right to right side
3&4 Turning ¼ turn left step left to left side, step right beside left, step left to left side
5&6 Step right back, step left beside right, step right back
7-8 Rock back on to left, rock forward on to right

LEFT CHASSE, ¼ CHASSE, BACK SHUFFLE, BACK ROCK

1&2 Step left to left side, step right beside left, step left to left side
3&4 Turning ¼ turn right step right to right side, step left beside right, step right to right side
5&6 Step left back, step right beside left, step left back
7-8 Rock back on to right, rock forward on to left

MAMBO STEP, COASTER STEP, SCISSOR STEP STEP PIVOT ¼ TURN

1&2 Step right forward, step left beside right, step right back
3&4 Step left back, step right beside left, step left forward
5&6 Step right to right side, step left beside right, cross right over left
7-8 Step left forward, pivot ¼ turn right

STEP TURN, SHUFFLE, TWICE

1-2 Step left forward pivot ½ turn right
3&4 Step left forward, step right beside left, step left forward
5-6 Step right forward, pivot ½ turn left.
7&8 Step right forward, step left beside right, step right beside left

SIDE ROCK & SIDE ROCK, KICK AND POINT TWICE

1-2& Rock left to left side, rock onto right, step left beside right
3-4 Rock right to right side, rock onto left
5&6 Kick right forward, step back on to right, point left toe to left side
7&8 Kick left forward, step back onto left, point right toe to right side

REPEAT

RESTART

On wall 6, miss out the final 4 steps of section 8 and start again
