

Dance To Life

COPPERKNOB
STEPSHEETS

拍数: 0 墙数: 2 级数: Improver
编舞者: Jette M. Sørensen (DK)
音乐: Life's a Dance - John Michael Montgomery



Sequence: AB, AB, Bridge, A(1-32), A to the end

PART A

WALK, HOLD RIGHT, LEFT, ROCK FORWARD RIGHT, ½ TURN RIGHT, HOLD

- 1-4 Walk forward stepping right, hold, left, hold
5-6 Step forward on right, recover on left
7-8 On ball of left make ½ turn right stepping forward onto right, hold

SCISSORS, HOLD LEFT, RIGHT

- 9-12 Step left to left side, step right next to left, cross left over right, hold
13-16 Step right to right side, step left next to right, cross right over left, hold

BACK LOCK, HOLD, SLOW BACK COASTER RIGHT, HOLD

- 17-20 Step back on left, lock right in front of left, step back on left, hold
21-24 Step back on right, step left next to right, step forward on right, hold

PIVOT ½ TURN RIGHT, STEP FORWARD, HOLD, ROCKING CHAIR RIGHT

- 25-28 Step forward on left, pivot ½ turn right, step forward on left, hold
29-32 Rock forward on right, recover on left, rock back on right, recover on left

During the first time dancing part a after the bridge make a restart at this point

VINE RIGHT, TOUCH, ROLLING VINE LEFT, TOUCH

- 33-36 Step right to right, cross left behind right, step right to right, touch left next to right
37-40 Step left foot ¼ turn left, step right foot ¼ turn right, step left foot to the left making ½ turn on ball of right, touch right next to left

WALK BACK RIGHT-LEFT-RIGHT, TOUCH, SLOW SHUFFLE FORWARD LEFT, BRUSH

- 41-44 Walk backwards stepping right, left, right, touch left next to right
45-48 Step forward on left, slide right up to left, step forward on left, brush right

PIVOT ½ TURN LEFT, STEP FORWARD, HOLD, LOCK STEP FORWARD LEFT, HOLD

- 49-52 Step forward on right, pivot ½ turn left, step forward on right, hold
53-56 Step forward on left, lock right up behind left, step forward on left, hold

ROCKING CHAIR RIGHT TWICE, ROCK STEP FORWARD RIGHT

- 57-60 Rock forward on right, recover on left, rock back on right, recover on left
61-64 Rock forward on right, recover on left, rock back on right, recover on left
65-66 Rock forward on right, recover on left

PART B

Same as A just only until count 48

WALK, HOLD RIGHT, LEFT, ROCK FORWARD RIGHT, ½ TURN RIGHT, HOLD

- 1-4 Walk forward stepping right, hold, left, hold
5-6 Step forward on right, recover on left
7-8 On ball of left make ½ turn right stepping forward onto right, hold

SCISSORS, HOLD LEFT, RIGHT

9-12 Step left to left side, step right next to left, cross left over right, hold
13-16 Step right to right side, step left next to right, cross right over left, hold

BACK LOCK, HOLD, SLOW BACK COASTER RIGHT, HOLD

17-20 Step back on left, lock right in front of left, step back on left, hold
21-24 Step back on right, step left next to right, step forward on right, hold

PIVOT ½ TURN RIGHT, STEP FORWARD, HOLD, ROCKING CHAIR RIGHT

25-28 Step forward on left, pivot ½ turn right, step forward on left, hold
29-32 Rock forward on right, recover on left, rock back on right, recover on left

VINE RIGHT, TOUCH, ROLLING VINE LEFT, TOUCH

33-36 Step right to right, cross left behind right, step right to right, touch left next to right
37-40 Step left foot ¼ turn left, step right foot ¼ turn right, step left foot to the left making ½ turn on ball of right, touch right next to left

WALK BACK RIGHT-LEFT-RIGHT, TOUCH, SLOW SHUFFLE FORWARD LEFT, BRUSH

41-44 Walk backwards stepping right, left, right, touch left next to right
45-48 Step forward on left, slide right up to left, step forward on left, brush right

BRIDGE

VINE RIGHT, TOUCH, ROLLING VINE LEFT, TOUCH

1-4 Step right to right, cross left behind right, step right to right, touch left next to right
5-8 Step left foot ¼ turn left, step right foot ¼ turn right, step left foot to the left making ½ turn on ball of right, touch right next to left

WALK BACK RIGHT-LEFT-RIGHT, TOUCH, SLOW SHUFFLE FORWARD LEFT, BRUSH

9-12 Walk backwards stepping right, left, right, touch left next to right
13-16 Step forward on left, slide right up to left, step forward on left, brush right

Dedicated to my beloved husband Poul Erik, who is always there for me, making my life a dance!
