

A Crazy Life

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 2 级数: Intermediate
编舞者: Leanne Morse (UK)
音乐: Livin' la Vida Loca - Ricky Martin



STEP, HOLD, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

1-2 Step right to right side, pause for 1 beat
3&4 Cross step left over right, step right to right side, cross step left over right
5-6 Rock right to right side, rock weight back onto left
7&8 Cross step right over left, step left to left side, cross step right over left

WALKS, ROCK STEP, SHUFFLE BACK, TOUCH ½ TURN

9-10 Walk forward: left, right
11-12 Rock forward onto left, rock weight back onto right
13&14 Step left back, step right beside left, step left back
15-16 Touch right toe back, unwind ½ a turn over right shoulder (weight on right)

LEFT VINE WITH A TOUCH & CLICK, ROLLING VINE RIGHT WITH ¼ TURN

17-19 Step left to left side, cross step right behind left, step left to left side
20 Touch right beside left while facing 45 degree right & clicking fingers shoulder height
21-24 Roll 1 ¼ turn to right side stepping: right, left, right, touch left beside right

STEP, TOUCH, STEP, SLIDE, SHUFFLE BACK, HOLD, TOUCH

25-26 Step left forward, touch right beside left
27-28 Step right to right side, slide left beside right touching
29&30 Step left back, step right beside left, step left back
31-32 Pause for 1 beat, touch right to right side

HOLD, SNAKE ROLL TO RIGHT, HOLD, ¼ TURN, HOLD, BODY ROLL UPWARDS

33 Pause for 1 beat
34-35 Snake roll to right side shifting weight to right
Option for counts 34-35: bump hips: right, left, right
36-37 Pause for 1 beat, turn ¼ left on balls of both feet
38-40 Pause for 1 beat, body roll upwards shifting weight to left
Option for counts 39-40: bump hips: left, right, left

REPEAT
