

Beautiful Life

COPPER KNOB
BY STEPHEN HETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Sue Green (UK)
音乐: Beautiful Life - Ace of Base



TURNING VINE TO RIGHT, APPLE JACK

1-2 Step right foot $\frac{1}{4}$ turn to right, $\frac{1}{2}$ turn to right stepping left foot back
3 Continue turning $\frac{1}{4}$ turn to right stepping right foot to side
4 Stomp left foot next to right
& Keeping weight on left heel and right toes swivel left toes out and right heel in
5 Swivel left toes and right heel back to center
& Transferring weight to right heel & left toes swivel right toes out & left heel in
6 Swivel right toes and left heel back to center
&7&8 Repeat steps &5&6

TURNING VINE TO LEFT, APPLE JACK

9-10 Step left foot $\frac{1}{4}$ turn to left, $\frac{1}{2}$ turn to left stepping right foot back
11 Continue turning $\frac{1}{4}$ turn to left stepping left foot to side
12 Stomp right foot next to left
& Keeping weight on left heel and right toes swivel left toes out and right heel in
13 Swivel left toes and right heel back to center
& Transferring weight to right heel & left toes swivel right toes out & left heel in
14 Swivel right toes and left heel back to center
&15&16 Repeat steps &13&14

VAUDEVILLE STEPS TO RIGHT & LEFT

17-18 Step right foot to side, cross behind with left foot
&19 Step right foot to side, left heel diagonally forward
&20 Step left foot down, cross right foot over left foot
21-22 Step left foot to side, cross behind with right foot
&23 Step left foot to side, right heel diagonally forward
&24 Step right foot down, cross left foot over right foot

$\frac{1}{4}$ TURN TRIPLE, LOCK STEP FORWARD, STEP BACK, RONDE TURN, BODY ROLL

25&26 Step right foot to side, step left foot to right, right foot to side turning $\frac{1}{4}$ to right
27&28 Step forward on left, lock right foot behind left, step forward on left
29-30 Step back on right. Keeping left toe on ground sweep left foot round in semi-circle to back of right foot
31-32 $\frac{1}{2}$ turn left with a body roll to transfer weight to left foot

JAZZ BOX WITH CROSS OVER, TRIPLE STEP, COASTER STEP

33-34 Cross right over left, step back on left
35-36 Step side on right, cross left over right
37&38 Step back on right, step left to right, step back on right
39&40 Step back on left, step right to left, step forward on left

STEP $\frac{1}{2}$ PIVOT, BODY ROLL, DWIGHT STEPS TO RIGHT

41-42 Step forward on right, $\frac{1}{2}$ pivot over left shoulder
43-44 Bend knees and roll body upwards transferring weight onto left
45 With weight on left toe swivel heel to right, touching right toe down
46 Transfer weight to left heel & swivel toes to right touching right heel down

47-48 Repeat steps 45 & 46

KICK, POINT, CROSS, TURN, SCISSORS

49-50 Kick right foot forward, touch right toe back
51-52 Cross right foot over left, ½ turn to left uncrossing feet
&53 Step down on right, left heel dig diagonally forward
&54 Step down on left, cross right over left
&55 Step back slightly on left, right heel dig diagonally forward
&56 Step down on right, cross left over right

JUMP CROSS, ½ TURN, CLAP TWICE

57-58 Jump feet shoulder width apart, jump crossing right foot over left
59-60 ½ turn over left shoulder to unwind feet, clap hands
61-62 Jump feet shoulder width apart, jump crossing left foot over right
63-64 ½ turn over right shoulder to unwind feet, clap hands

REPEAT
