

American Life

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4
编舞者: Zandra Varnham (SCO)
音乐: American Life - Madonna

级数: Intermediate



WALKS ROCK RECOVER ½ TURNS TWICE

- 1 Walk right foot forward
- 2 Walk left foot forward
- 3&4& Rock forward on right, step back on left, step back on right, ½ turn over left shoulder stepping forward on left foot
- 5 Walk right foot forward
- 6 Walk left foot forward
- 7&8& Rock forward on right, step back on left, step back on right, ½ turn over left shoulder stepping forward on left foot

WALKS ¼ TURN, COASTER STEP, RIGHT SHUFFLE

- 1 Walk forward right
- 2 Walk forward left
- 3&4& Step forward right, ½ turn left stepping forward on left, ¼ turn left stepping right slightly to the right side
- 5&6 Step back left, step right next to left to meet, step forward on left
- 7&8 Step forward on right, bring left next to right to meet, step forward on right

STEP, SLIDE CHASSE TWICE

- 1 Large step left to left side
- 2 Slide right foot into meet left
- 3&4 Step right to right side, bring left next to right, step right to right side
- 5 Large step left to left side
- 6 Slide right foot into meet left
- 7&8 Step right to right side, bring left next to right, step right to right side

KICK, CROSS, ROCK CROSS, CHASSE, KICK BALL CHANGE

- 1&2 Low kick left foot to left diagonal, step down onto left, cross right foot over the left and take the weight
- 3&4 Rock left to left side, step down on right and cross, left over right
- 5&6 Step right to right side, step left to right foot, step right to right side
- 7&8& Kick left foot forward, step forward on left foot, step forward on right, step forward on left

REPEAT

TAG

Starts after walls 1,2 and 4 only

STEP ½ TURN SHUFFLE TWICE ROCK, RECOVER, COASTER STEP

- 1 Step forward on right
- 2 Turn ½ turn over left shoulder
- 3&4 Step right foot forward, bring left, up next to right, step forward on right
- 5 Step forward on left
- 6 Turn ½ turn over right foot
- 7&8 Step left foot forward, bring right up next to left, step forward on left
- 1 Rock forward onto right foot
- 2 Recover weight back onto left foot
- 3&4 Step back on right, bring left foot next to right, step forward on right

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Step forward on left
