

All My Life

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Terry Mchugh (UK)
音乐: Waiting All My Life - Rascal Flatts



CROSS RIGHT OVER LEFT, STEP LEFT TO LEFT SIDE, SHUFFLE ½ TURN RIGHT CROSS ROCK, SHUFFLE LEFT WITH ¼ TURN LEFT

1-2 Cross right over left, step left to left side
3&4 Shuffle ½ turn right, right left, right
5-6 Cross rock left over right, recover on right
7&8 Turn left foot ¼ turn left, and shuffle forward left, right, left

SWEEP RIGHT LEG ½ TURN, POINT RIGHT TOE TO RIGHT SIDE, CROSS MAMBO, SAILOR STEPS TWICE

1-2 Sweep right leg out and around ½ turn left, point right toe to right side
3&4 Cross right over left, step left in place, step right beside left
5&6 Cross left behind right, step right beside left, step left in place
7&8 Cross right behind left, step left beside right, step right in place

FULL TURN RIGHT ½ TURN RIGHT, CROSS MAMBOS TWICE (TRAVELING FORWARD)

1-2 Step forward on left, turn ½ right, step back on right, turn ½ right
3-4 Step forward on left, turn ½ right
5&6 Cross left over right, step right in place, step left beside right (traveling forward)
7&8 Cross right over left, step left in place, step right beside left (traveling forward)

FORWARD ROCK, LOCK STEPS BACK, ½ TURN RIGHT, COASTER STEP

1-2 Rock forward on left, recover on right
3&4 Lock steps back, left, right, left
5-6 Step back on right, swivel ½ turn right
7&8 Step back on right, step left beside right, step forward on right (weight on left)

REPEAT

RESTART

Start dance from the beginning after count 16 on wall four
