

It's My Life (aka Gone)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Earleen Florka
音乐: It's My Life - No Doubt : (CD: The Singles)



Or Music: Gone by Montgomery Gentry [120 bpm WCS / CD: You Do Your Thing]; Somebody Like You by Keith Urban [112 bpm ECS/Cha/Mambo / CD: Golden Road]

SLIDE LEAN, DRAG, BODY ROLL, WALKS

1 Step our right (while slightly leaning to right)
2 Drag right toe next to left instep
3&4 Body roll (starting with head, rolling down shoulders, hips, knees)
5-8 Step forward right, left, right, left (left takes weight)

KICK RIGHT, STEP, TOUCH HOLD, BUMPS, STEP, TOUCH, SWEEP

9 Kick right forward
& Step back on right
10 Touch left toe forward-hold
11&12 Bump left hip forward 2 times (keeping weight on right)
13 Step down on left
14 Touch right next to left (left takes weight)
15-16 ¼ Turn sweep to left with right toe (while pivoting on left foot)

KICK & STEP, HEEL TAPS, CROSS STEP TOUCH, TURN, HEEL TAPS

17 Kick right forward
&18 Step back right, left (left takes weight)
&19 Lift both heels up/down (using both knees to pop up/down)
&20 Repeat &19 (on count 20, left takes weight)
21&22 Cross right over left, step back on left, touch right forward
&23 Lift up/down on both heels while pivoting 1/8 turn to left (using both knees to pop up/down)
&24 Repeat &23 (left takes weight on count 24)

CROSS HEEL JACKS RIGHT & LEFT, ¼ TURN LEFT CROSS HEEL JACKS, STEP BACK, HEEL TOUCH, STEP CENTER, TOE TOUCH, KNEE LIFT UP

&25&26 Cross right over left, step left to left, touch right heel forward
&27&28 Cross left over right, step right to right, touch left heel forward
&29&30 ¼ turn left on left, cross right over left, step back on left, touch right heel forward
&31 Step back on right, touch left toe forward
&32 Step left to center, hitch right knee next to left

REPEAT

I dedicate this dance to Kim Bowers