

More Than Life

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Scott Schrank (USA) - August 2007
音乐: More Than Life - Dan Gardner



(1-7) Step, Twist, Back, Turn, Turn, Cross, Hitch, Cross

- 1-2 Step left foot forward, Touch the right toe forward and to the right while twisting top part of body to the right
- 3 Step the right foot back and slightly past the left (12:00)
- 4&5 Make $\frac{1}{4}$ turn left on ball of right foot, Make $\frac{1}{2}$ turn left on ball of left foot, Cross and weight the left foot over right
- 6-7 Bending the right leg-bring it up and around the left, Cross and weight the right foot over the left (3:00)

(8-15) Back, Home, Cross, Sway, Sway, Sailor Step, Rock & Turn

- 8&1 Step left foot back, Step right foot next to left, Cross left foot over right (3:00)
- 2-3 Step right foot out to right while pushing hips right, Push hips left and weight the left
- 4&5 Step right foot behind left, Step left foot next to right, Step right foot slightly forward
- 6&7 Rock forward on left foot, recover weight to ball of right, Make $\frac{1}{4}$ turn left on ball of right, while stepping left foot left (12:00)

(16-23) Cross, Back, Home, Rock, Recover, Side, Together, Turn, Step, Pivot

- 8&1 Sweep right foot around left weighting the right, Step left foot back, Step right foot next to left weighting the right
- 2-3 Rock left foot over right, Recover weight back to right foot
- 4&5 Step left foot left, Close right foot next to left, Step left foot $\frac{1}{4}$ turn left (9:00)
- 6-7 Step right foot forward, Pivot $\frac{1}{2}$ turn left while stepping left foot small step forward weighting the left (3:00)

(24-32) Side Rock, Cross, Side Rock, Front, Rock, Recover, Turn, Step, Pivot, Full Turn

- 8&1 Rock right foot out to right, Recover weight to ball of left, Cross right over left
- 2&3 Rock left foot left, Recover weight to ball of right, Step left foot forward
- 4&5 Rock forward on right foot, Recover weight to ball of left, Spin $\frac{1}{2}$ turn right on ball of left, while stepping forward on right (9:00)
- 6-7 Step forward on left foot, Pivot $\frac{1}{2}$ turn right while stepping forward with right (Weight the right) (3:00)
- 8& Make $\frac{1}{2}$ turn right on ball of right stepping back on left, Make $\frac{1}{2}$ turn right on ball of left stepping forward on right

Start the dance again!

Restart: (After completing 3 walls, do the first 8 counts of the dance. For the next "&1" (Count 9), make sure you step forward with the left and not crossed over right)

NOTE: If using the remix version, complete wall 3, do the first 15 counts, then for counts 8&1, do a right kick-ball-change leaving out the $\frac{1}{4}$ turn left (You will be facing the 12:00 Wall)