

My Life Again

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Brett Jenkins (AUS) & Stephen Paterson (AUS) - February 2008
音乐: My Life Again - The McClymonts : (Album: Chaos & Bright Lights)



Starts after a 32 count intro with weight on the L foot

Step, Kick Ball Side Rock/Replace, Behind, Side, Across, ¼ Back, Tap Back

1,2& Step R forward, Kick L forward, Step ball of left beside R (&)
3, 4 Rock/Step R out to R side, replace weight onto L
5&6 Cross R behind L, step L to L side, cross R over L
7, 8 Turn ¼ right then step back onto L, tap R toes back

Side Rock/Replace, Cross, Side Rock/Replace, Cross, Point R, ¼ Together, Kick Ball Step

1&2 Rock/step R out to R side, replace weight on L (&), Step R over L
3,4& Rock/step L out to L side, replace weight on R, Step L over R (&)
5,6 Point R to R side, turn ¼ right then step R beside L
7&8 Kick L forward, step ball of L slightly back (&), step R in place

Walk, Walk, Rock/Replace, Back, Lock, Back, R Coaster

1,2, 3, 4 Step L forward, Step R forward, Rock/step L forward, replace weight on R
5&6 Step L back, Lock R back over L (&), Step L back
7&8 Step R back, Step L beside R (&), Step R forward

Rock/Replace, ½ Shuffle Left, Side Rock/Replace, Across, Side

1,2 Rock/step L forward, replace weight on R
3&4 Shuffle ½ L stepping L-R-L, (***)
& 5,6,7 Rock/Step R to R (&), replace weight on L, step R across L, Step L to L side

R Sailor, Heel Ball Step, Scuff, Step Pivot ½ R, Shuffle Fwd L

8&1 Step R behind L, Rock/step L to L side (&), replace weight on R
2&3 Tap L heel forward, step ball of L beside R (&), step R forward
4 Scuff L heel beside R
5,6 Step L forward, pivot ½ R on to R
7&8 Step L forward, step R together (&), step L forward (###)

Step together, Rocking Chair, Forward, Tap, Shuffle Back

& 1,2 Step R beside L (&), Rock/step L forward, replace weight on R
3,4 Rock/step L back, replace weight on R
5,6 Step L forward, tap R behind L
7&8 Step R back, step L together (&), step R back

Touch Back, Pivot ½, Coaster, Cross, Touch, Cross Samba

1,2 Touch L back, Pivot ½ L onto R,
3,4 Step L back, step R beside L (&), step L forward
5,6 Cross R over L, touch L out to L side
7&8 Cross L over R, Rock/step R to R (&), replace weight on L

Cross, Touch, Cross Samba, Walk, Walk, Half Touch, Hold

1,2 Cross R over L, touch L out to L side
3&4 Cross L over R, Rock/step R to R (&), replace weight on L
5,6 Step R forward, step L forward

7,8 Turn half R touch R beside L, hold

(48 beats).Restart dance from beginning.

RESTART: On wall 2 dance to count 28 (***) then restart from the beginning facing 6:00.

On wall 3 dance to count 40 (###) then restart from the beginning facing 12.00

On wall 5 dance to count 28 (***) then restart from the beginning facing 6.00

On wall 7 dance to count 28 (***) then ADD the following 4 counts:

1,2,3,4 Step forward R, pivot $\frac{1}{2}$ L on to L, Step forward R, pivot $\frac{1}{2}$ on to L, then restart from the beginning facing 12.00.

FINISH: On wall 8 dance to count 48 then turn $\frac{1}{2}$ L and step forward onto L
