

# Seize The Day

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Maureen Rowell (UK) & John "Growler" Rowell (UK) - April 2008  
音乐: Will My Arms Be Strong Enough - BWO



## STEP RIGHT, BACK ROCK, RECOVER, STEP ¼, FORWARD, ¼ PIVOT, CROSS, 2 STEP ½ TURN-CROSS, SIDE ROCK, RECOVER, CROSS

- 1            Step right long step to right
- 2&3        Rock left back, recover on right, step left ¼ turn left (9:00)
- 4&5        Step right forward, pivot ¼ turn left, cross right over left (6:00)
- 6&        Turning ¼ right step left back, turning ¼ right step right to right (12:00)
- 7            Cross left over right
- 8&1        Rock right to right, recover on left, cross right over left

## TURN 1/4-STEP BACK, LEFT COASTER, STEP-LOCK-STEP, STEP FORWARD

- 2-3        Step left ¼ turn right stepping back, step back right (3:00)
- 4&5        Step back left, step right next to left, step forward left
- 6&7-8     Step forward right, lock left behind right, step forward right, step forward left

## TURN ¼ LEFT, 2 STEP ½ TURN, CROSS ROCK-RECOVER- SIDE, CROSS ROCK-RECOVER-TOGETHER, 2 STEP FULL TURN-ROCK FORWARD

- 1            Pivot ¼ turn left on ball of left, hitching right and stepping right across left (12:00)
- 2&        Turn ¼ right stepping left back, turn ¼ right stepping right to right (6:00)
- 3-4&      Cross rock left over right, recover on right, step left to left
- 5-6&      Cross rock right over left, recover on left, step right next to left
- 7&        ½ turn right stepping back left, ½ turn right stepping forward right (6:00)
- 8            Rock left forward

Alternate 7&8: step forward left, lock right behind left, rock left forward (6:00)

## RECOVER, SWEEP BEHIND, ¼, FORWARD, STEP-LOCK-STEP, STEP, ½ & ¼ PIVOT, STEP LEFT, TOUCH RIGHT

- 1            Recover on right
- 2&        Sweeping left from front to back step behind right, step right ¼ turn right (9:00)
- 3            Step forward left
- 4&5        Step forward right, lock left behind right, step forward right
- 6-7        Step forward left, pivot ½ turn right (3:00)
- 8&        On ball of right pivot ¼ right stepping left to left, touch right next to left (6:00)

REPEAT