

So Called Life

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Celia Stevens (NZ) - August 2008
音乐: My So Called Life - Jaydee Bixby



FEET TOGETHER, WEIGHT ON THE RIGHT, 32 COUNT INTRO

(1 – 8) L KICK FWD, FWD 45°, & STEP L BACK & R FWD L FWD, REPEAT WITH R.

1, 2 KICK L FOOT FORWARD, KICK L FOOT FORWARD AT 45 DEGREES
& 3, 4 STEP L FOOT BACK, STEP R FOOT FORWARD, STEP L FOOT FORWARD
5, 6 KICK R FOOT FORWARD, KICK R FOOT FORWARD AT 45 DEGREES
& 7, 8 STEP R FOOT BACK, STEP L FOOT FORWARD, STEP R FOOT FORWARD

(9 – 16) L TOE HEEL & CROSS, L TOE HEEL & CROSS, SIDE-TOGETHER-CROSS.

1, 2 TOUCH L TOE IN BESIDE RIGHT, TOUCH L HEEL IN BESIDE RIGHT
& 3 STEP L FOOT BACK, STEP R FOOT ACROSS IN FRONT OF LEFT
4, 5 TOUCH L TOE IN BESIDE RIGHT, TOUCH L HEEL IN BESIDE RIGHT
& 6 STEP L FOOT BACK, STEP R FOOT ACROSS IN FRONT OF LEFT
7 & 8 STEP L FOOT TO LEFT, STEP R FOOT NEXT TO LEFT, STEP L FOOT ACROSS IN
FRONT OF RIGHT

(17 – 24) R SIDE ROCK/RECOVER, R SAILOR STEP, L SAILOR STEP, R TOUCH BEHIND U NWIND 360° (WEIGHT R).

1, 2 STEP R FOOT TO RIGHT SIDE, RECOVER WEIGHT ON L FOOT
3 & 4 STEP R FOOT BEHIND LEFT, STEP L FOOT TO LEFT, STEP R FOOT OT RIGHT
5 & 6 STEP L FOOT BEHIND RIGHT, STEP R FOOT TO RIGHT, STEP L FOOT TO LEFT
7, 8 CROSS R FOOT BEHIND LEFT, UNWIND 360 DEGREES TURNING RIGHT WEIGHT
ENDS ON RIGHT (FACING 12:00)

(25 – 32) L SIDE SHUFFLE, BACK ROCK/RECOVER, R SIDE SHUFFLE, L TOUCH BEHIND U NWIND 270° (WEIGHT L).

1 & 2 STEP L TO LEFT SIDE, STEP R BESIDE LEFT, STEP L TO LEFT SIDE
3, 4 STEP R FOOT BACK, RECOVER WEIGHT FORWARD ONTO L
5 & 6 STEP R FOOT TO RIGHT SIDE, STEP L FOOT BESIDE RIGHT, STEP R FOOT TO RIGHT
SIDE
7, 8 CROSS L FOOT BEHIND RIGHT, UNWIND 270 DEGREES TURNING LEFT WEIGHT
ENDS ON LEFT (FACING 3:00)

(33 – 40) H EEL & HEEL & WALK FWD R L, HEEL & HEEL & WALK FWD R L.

1 & 2 & TOUCH R HEEL FORWARD, STEP R BESIDE LEFT, TOUCH L FOOT FORWARD, STEP L
FOOT BESIDE RIGHT
3, 4 STEP R FOOT FORWARD, STEP L FOOT FORWARD
5 & 6 & TOUCH R HEEL FORWARD, STEP R BESIDE LEFT, TOUCH L FOOT FORWARD, STEP L
FOOT BESIDE RIGHT
7, 8 STEP R FOOT FORWARD, STEP L FOOT FORWARD

(41 – 48) R FWD ROCK/RECOVER, 180° R SHUFFLE, 180° L SHUFFLE, 90° R SAILOR

1, 2 STEP R FOOT FORWARD, RECOVER WEIGHT BACK ON L
3 & 4 TURN 90° RIGHT STEPPING R TO RIGHT, STEP L BESIDE RIGHT, TURN 90° RIGHT
STEPPING R FORWARD
5 & 6 TURN 90° RIGHT STEPPING L TO LEFT, STEP R BESIDE LEFT, TURN 90° RIGHT
STEPPING L BACK

7 & 8 STEP R BEHIND LEFT, TURN 90` RIGHT STEPPING L TO LEFT, STEP R FOOT FORWARD (FINISH FACING 6:00)

48-: REPEAT & ENJOY!
