

# Live It Up

COPPER KNOB  
STEPSHEETS

拍数: 48      墙数: 4      级数: Improver  
编舞者: Kate Sala (UK) - February 2012  
音乐: Live It Up - Chris Isaak : (Album: Beyond The Sun)



Start on vocals. 18 second intro.

**Step Right, Hold, Rock Back, Recover, Step Left, Hold, Rock Back, Recover.**

1, 2, 3, 4      Step R to right side. Hold. Cross rock on L behind R. Recover on to R.  
5, 6, 7, 8      Step L to left side. Hold. Cross rock on R behind L. Recover on to L.

**Step Forward, Hold, Rock Forward, Recover, Toe Strut Back x 2.**

1, 2, 3, 4      Step forward on R. Hold. Rock forward on L. Recover back on to R.  
5, 6, 7, 8      Step back on L toe. Drop L heel down. Step back on R toe. Drop R heel down.

**Rock Back. Recover, Step Forward, Scuff, Jazz Box, Cross Step.**

1, 2, 3, 4      Rock back on L. Recover on to R. Step forward on L. Scuff R forward.  
5, 6, 7, 8      Cross step R over L. Step back on L. Step R to right side. Cross step L over R.

**Toe, Heel, Hook, Step Forward Diagonal, Touch, Step Left, Together, Bounce Heels.**

1, 2      Touch R toe next to L instep with toe turned in. Dig R heel forward.  
3, 4      Hook R foot across L shin. Step forward on R to right diagonal.  
5, 6      Touch L toe next to R instep. Step L to left side.  
7 & 8      Step R next to L. Bounce heels up, down. \*(Restart from here on wall 4 & 7)

**Step Right, Hold, Behind, Turn 1/4 Right, Step, Pivot 1/2 Turn, Turn 1/4 Right, Cross Step Behind.**

1, 2, 3, 4      Step R to right side. Hold. Cross step L behind R. Turn 1/4 right stepping forward on R.  
5, 6, 7, 8      Step forward on L. Pivot 1/2 turn right. Turn 1/4 right stepping L to left side. Cross step R behind L.

**Turn 1/4 Left, Hold, Step Forward, Pivot 1/2 Turn Left, Run x 2, Rock Forward, Recover.**

1, 2, 3, 4      Turn 1/4 left stepping forward on L. Hold. Step forward on R. Pivot 1/2 turn left.  
5, 6, 7, 8      Run forward on R, L. Rock forward on R. Recover back on to L.

Start again!

Restart: On wall 4 (Facing 9 o'clock) and wall 7 (Facing 3 o'clock)

Both restarts are in the same place of the dance. Restart after 32 counts, that's after the Heel Bounce.

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