

Live This Life a Little

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Birthe Tygesen (DK) - April 2012
音乐: I Won't Let You Go - James Morrison : (Album: The Awakening)



INTRO: 32 counts – approx 27 sec. (you will hear 2 guitar strokes, after that start the dance.)

**Alternative music: Stars by Simply Red (2 restarts)
Brave by Jennifer Lopez (no tags no restarts)
Or any suitable Cha Cha music**

Section 1: Side, cross rock, chasse, cross, side, sailor ¼ turn

1-2-3 step L to L side (a bit diagonally forward), rock R across L, recover onto L
4&5 step R to R side, step L besides R, step R to R side (12:00)
6-7 step L across R, step R to R side,
8&1 sweep L behind R to start turning, ¼ turn L step R to R side, step L small step forward (9:00)

Section 2: step, step, shuffle fwd, rock step fwd, weave

2-3 step forward R, step forward L
Harder option 2-3 step forward R, stepping forward onto L make a full spin turn R (weight on L)
4&5 step forward R, step L besides R, step forward R (you can shuffle or lockstep)
6-7 rock forward onto L, recover onto R
8&1 step L behind R, step R to R side, step L across R (9:00)

Section 3: sweep, cross, coaster step, sweep, cross, coaster step

2-3 sweep R from behind to front (count 2), step R across L (count 3)
4&5 step back L, step R next to L, step L forward
6-7 sweep R from behind to front (count 6), step R across L (count 7)
8&1 step back L, step R next to L, step L forward

Section 4: rock step, triple full turn, rock step, shuffle ½ turn (to start the dance again on count 1)

2-3 rock forward R, recover onto L
4&5 Full turn on the spot stepping R, L, R (9:00)
Easy option counts 4&5 you can do a coaster step
6-7 rock forward L, recover onto R
8& (1) ¼ turn L stepping L, step R next to L, (¼ turn L starting the dance on count 1 (3:00))

This dance is a floor split for:- Live This Life choreographed by Neville & Julie

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