

A Rich Life

COPPERKNOB
STEPPERS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Francien Sittrop (NL) - July 2012
音乐: Life - Beckah Shae : (Album: Life)



Intro : Start after 32 Counts from the Beginning

[1 – 8] Walks fwd R,L, Touches ½ R with Hitches, Side Shuffle R

1 – 2 Walk Fwd R,L
3 – 4 Touch R to R side, ¼ Turn R with R hitch
5 – 6 Touch R to R side, ¼ Turn R with R hitch (06.00)
7 & 8 Step R to R side, Step L next to R , Step R to R side

[9-16] Rock Recover, Fwd , Touch, Fwd with Toe Touches

1 – 2 Rock L back, Recover on R
3 – 4 Step L fwd, Touch R to R side
5 – 6 Step R fwd, Touch L to L side
7 – 8 Touch L fwd, Touch L to L side

[17-24] Together , Touch , Hitch, Side Shuffle , Rock Recover , Toe Strut

&1-2 Step L next to R, Touch R to R side, Hitch R
3 & 4 Step R to R side, Step L next to R, Step R to R side
5 – 6 Rock L back , Recover on R
7 & 8 Step L fwd on toes, Step L heel down

[25-32] Toe Swivel ½ R , Out Out In Touch

1 - 2 Swivel on R heel your foot ¼ Turn to the R side ,Swivel on L Heel your foot ¼ Turn R (09.00)
3 - 4 Swivel on R heel your foot ¼ Turn to the R side . Step L to L side (12.00)
5 – 8 Step R fwd out , Step L fwd out, Step R back in, Touch L next to R (**R**)

[33-40] Box Step ¾ R , Rock Recover , Coaster step

1 – 2 Step L to L side, ¼ R step R to R side
3 – 4 ¼ R step L to L side, ¼ R step R to R side (09.00)
5 – 6 Rock L fwd, Recover on R
7 & 8 Step L back, Step R next to L, Step L fwd

[41-48] Step fwd, ¼ L , Cross Shuffle , Anchor Step with Flick ¼ L

1 – 2 Step R fwd, ¼ Turn L
3 & 4 Step R across L, Step L to L side, Step R across L
5 – 6 Step L diag L fwd, Lock R behind L (04.30)
&7-8 Recover Fwd on L, Recover back on R, Step fwd on L and flick R back 2/8 turn to the L (03.00)

[49-56] Cross Side Sailor step, Cross Side Sailor ½ L

1 – 2 Step R across L, Step L to L side
3 & 4 Step R behind L, Step L next to R, Step R to R side
5 – 6 Step L across R, Step R to R side
7 & 8 Step L behind R with ½ Turn to the L , Step R to R side , Step L to L side (09.00)

[57-64] Rock Recover, Shuffle ½ R, Rock Recover , Heel Jack , Step fwd

1 – 2 Rock R fwd, Recover on L
3 – 4 Shuffle ½ Turn R with R , L, R (03.00)
5 – 6 Rock L fwd, Recover on R

&7-8 Step L next to R, Step R back and Touch L heel fwd, Step L fwd (you can flick your R back when you step L fwd)

Restarts: During wall 2 & 5 after count 31; Instead of touch L next to R – Step L next to R and start again with count 1.

Contact - Website : www.franciensittrop.nl

Last Revision - 3rd July 2012
