

Today My Life Begins

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Eng Wei Siang (MY) - October 2012
音乐: Today My Life Begins by Bruno Mars (English song)



Intro: 16 counts

Sec 1: Bump X2, Side Chasse, Bump X2, Side Chasse

1-2 Standing feet apart, bump hips to R side, bump hips to L side 12.00
3&4 Step R foot to R side, step L foot beside R foot, step R foot to R side 12.00
5-6 Standing feet apart, bump hips to L side, bump hips to R side 12.00
7&8 Step L foot to L side, step R foot beside L foot, step L foot to L side 12.00

Sec 2: Cross Rock, Recover, Sailor ¼ Turn R, Forward, ½ Turn L, Back Shuffle

1-2 Cross rock R foot over L foot, recover weight on L foot 12.00
3&4 Turn ¼ R crossing R foot behind L foot, step L foot to L side, step R foot forward 3.00
5-6 Step L foot forward, turn ½ L stepping R foot beside L foot 9.00
7&8 Step L foot back, lock R foot over L foot, step L foot back *** 9.00

Sec 3: Walk Back X2, Coaster Step, Catwalk Forward X2, Forward Shuffle

1-2 Step R foot back, step L foot back 9.00
3&4 Step R foot back, step L foot together with R foot, step R foot forward 9.00
5-6 Cross walk L foot forward over R foot, cross walk R foot forward over L foot 9.00
7&8 Step L foot forward, lock R foot behind L foot, step L foot forward 9.00

Sec 4: Box Step, Forward Shuffle, Forward Rock, Recover, Coaster Step

1-2 Step R foot to R side, step L foot next to R foot 9.00
3&4 Step R foot forward, lock L foot behind R foot, step R foot forward 9.00
5-6 Rock L foot forward, recover weight on R foot 9.00
7&8 Step L foot back, step R foot together with L foot, step L foot forward 9.00

Restart (**): On wall 2 and wall 5, dance up to count 16, and start again.

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