

# Gentle Through Your Life

COPPERKNOB  
STEP SHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Ines Maaß (DE) - December 2013  
音乐: Go Gentle - Robbie Williams



## Intro 32 Counts

### Walk Forward R/L, Anchor Step, Walk Back L/R, Anchor Step

1 – 2      two steps forward R/L,  
3 & 4      step RF behind LF (3rd FP), shift weight on LF, shift weight on RF,  
5 – 6      two steps back L/R,  
7 & 8      step LF behind RF (3rd FP), shift weight on RF, shift weight on LF,

### Rock Back, Kick Ball Change, Point Hold, Cross Unwind ½ Turn L

1 – 2      step RF back, recover weight on LF,  
3 & 4      kick RF forward, step right ball next to LF, step LF on place,  
5 – 6      point right toes to right side, hold,  
7 – 8      cross RF over LF, unwind ½ turn left (keep weight on RF),

### Chassé L, Rock Back, Kick Ball Cross, Toe Strut to Side

1 & 2      step LF to left, step RF together, step LF to left,  
3 – 4      step RF back, recover weight on LF,  
5 & 6      kick RF forward, step right ball next to LF, cross LF over RF,  
7 – 8      touch right toes to right side, step down on RF,

### Toe Strut Across, Side Rock, Cross Shuffle, ¼ Turn R 2 x

1 – 2      touch left toes across RF, step down on LF,  
3 – 4      step RF to right, recover weight on LF,  
5 & 6      cross RF over LF, step LF towards RF, cross RF over LF,  
7 – 8      ¼ turn right stepping back on LF, ¼ turn right stepping forward on RF,  
(Restart during wall 4 – Touch RF next LF, only ¼ turn),

### Shuffle Forward, Step ½ Turn L, Shuffle Forward, Step ¼ Turn R

1 & 2      step LF forward, step RF towards LF, step LF forward,  
3 – 4      step RF forward, ½ turn left and shift weight on LF,  
5 & 6      step RF forward, step LF towards RF, step RF forward,  
7 – 8      step LF forward, ¼ turn right and shift weight on RF,

### Reverse Monterey ½ Turn L, Elvis Knees L/R with Hold

1 – 4      point left toes to left side, ½ turn left on ball of RF stepping LF together, point right toes to right side, step RF next to LF,  
5 – 6      lift left heel turning left knee to right, hold,  
7 – 8      shift weight on LF and lift right heel turning right knee to left, hold,

### Chassé R, Rock Back, Triple ½ Turn R, Rock Back

1 & 2      step RF to right, step LF together, step RF to right,  
3 – 4      step LF back, recover weight on RF,  
5 & 6      ¼ turn right stepping LF to left, step RF together, ¼ turn right stepping LF to left,  
7 – 8      step RF back, recover weight on LF,

### Toe Struts Forward R/L, Monterey ½ Turn R

1 – 2      touch right toes forward, step down on RF,  
3 – 4      touch left toes forward, step down on LF,

5 – 8            point right toes to right side, ½ turn right on ball of LF stepping RF together, point left toes to left side, step LF next to RF.

**Start again.**

**Restart :** Dance wall 4 until Count 31 (4th sequence) and replace count 32 with Touch RF next to LF. Start the dance from the beginning on 6 o’Clock.

**Ending:** The dance will end within the 5th sequence dancing Shuffle Forward, Step ½ Turn L on 12 o’Clock.

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