

It's Good To Be Alive

COPPER **KNOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Hayley Wheatley (UK) - April 2014
音乐: It's Good To Be Alive - Imelda May : (Album: Tribal)



Music: Available from I Tunes, Google Play and Amazon

Intro:-16 Counts

KICK, KICK, STEP BACK, COASTER STEP, RIGHT SHUFFLE, STEP TURN, STEP

1&2 Kick right foot forward twice, step back on right foot
3&4 Step back on the left foot, step right foot beside left, step fwd on left foot.
5&6 Step fwd on right foot, step left foot beside right, step fwd on right foot
7&8 Step fwd on left foot, pivot ½ turn right, step fwd on left foot (6:00)

Tag here during wall 5 facing 12:00

WEAVE RIGHT, ROCK AND CROSS, ROCK AND CROSS, ROCK, ¼ TURN, STEP

1&2& Step right to right side, step left behind right, step right to right side, step left across right
3&4 Rock right foot to right side, recover onto left, cross right foot over left
5&6 Rock left foot to left side, recover onto right, cross left foot over right
7&8 Rock right foot to right side, recover onto left while making ¼ turn left, Step right foot fwd
(3:00)

KICK, KICK, STEP BACK, COASTER STEP, LEFT SHUFFLE, STEP TURN, STEP

1&2 Kick left foot forward twice, step back on left foot Restart here on wall 2 facing 12:00
3&4 Step back on the right foot, step left foot beside right, step fwd on right foot.
5&6 Step fwd on left foot, step right foot beside left, step fwd on left foot
7&8 Step fwd on right foot, pivot ½ turn left, step fwd on right foot (9:00)

ROCK FORWARD, ROCK SIDE, BEHIND SIDE CROSS, TOUCH CLOSE, SLIDE DRAG, COASTER STEP

1&2& Rock fwd onto left foot, recover onto right, rock left foot to left side, recover onto right
3&4 Step left foot behind right, step right foot to right side, cross left foot over right
5&6& Touch Right toe to right side, touch right toe beside left foot, big step right to right side, drag
left toe beside right, keeping weight on right foot
7&8 Step back on left foot, step right foot beside left, step fwd on left foot

Tag here at the end of wall 8 facing 3:00

Restart: During Wall 2 (facing 12:00)

Tag: During wall 5 and at the end of wall 8

1&2& Right heel switch, replace, left heel switch, replace (1&2&), then Restart.

Optional Ending: During wall 10, dance up to count 14.

Then facing 6:00, touch right toe to right side, cross right foot over left, unwind a ½ turn to 12:00...Finito!

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