

Life In Sunshine

COPPER KNOB
BY SHEETS

拍數: 96 牆數: 1 級數: Phrased Intermediate
編舞者: Karen Hannaford (NZ) & Phoenix Adamson (NZ) - August 2014
音樂: Life In Sunshine - Jamie McDell : (Album: Six Strings and a Sailboat)



Sequenced. Part A 64 counts, 'a' is the first 40 counts of A, Part B 32 counts

Sequence - ABAB aBBa (All sequences start at 12:00) □
Intro 16 counts (start on vocals)

PART A – 64 counts

[1-8] □ KICK BALL STEP, ½ TOE STRUT, COASTER, CROSS SAMBA

1&2,3,4 Kick R foot forward, step R beside left, step L fwd, step R toe fwd, ½ turn left dropping R heel. 6:00

5&6,7&8 Step L back, step R tog, step L fwd, Cross R over left, step L to side, step R to side 6:00

[9-16] □ JAZZ SQUARE CROSS, ¼ SHUFFLE BACK, ½, BACK

1,2,3,4 Cross L over right, step R back, step L to side, cross R over left 6:00

5&6 Turn ¼ right and step back of L, step R next to left, step L back 9:00

7,8 Turn ½ right and rock fwd on R, recover weight to L □ 3:00

[17-24] □ BACK, COASTER STEP, FWD, BACK, COASTER STEP, FWD

1,2&3,4 Step R back, step L back, step R tog, step L fwd, Step R fwd. □ 3:00

5,6&7,8 Recover weight back to L, step R back, Step L tog, step R fwd, step L fwd 3:00

[25-32] □ SIDE ROCK, BEHIND-SIDE-CROSS, SIDE ROCK, ¼ COASTER

1,2,3&4 Rock R to side, recover weight on L, step R behind left, step L to side, cross R over left □ 3:00

5,6,7&8 Rock L to side recover weight on R, turn ¼ left and step L back, step R tog, step L fwd 12:00

[33-40] □ SIDE ROCK, BEHIND-SIDE-CROSS, SIDE ROCK, TOG, SIDE ROCK

1,2,3&4 Rock R to side, recover weight to L, step R behind left, step L to side, cross R over left 12:00

5,6&7,8 Rock L to side, recover weight on R, step L tog, rock R to side, recover weight on L *

*'a' finishes here □ 12:00

[41-48] □ BACK, POINT, CROSS, SIDE SWITCHES, CROSS, SIDE ROCK

1,2,3 Step back on R, point L to side, Cross L over right 12:00

4&5 Point R to side, step R tog, Point L to side 12:00

6,7,8 Cross L over right, rock R to side, recover weight on L 12:00

[49-56] □ ¼ JAZZ SQUARE, FWD ROCK, RECOVER, ¼ SHUFFLE

1,2,3,4 Cross R over left, step L back, turn ¼ right and step R to side, step L fwd 3:00

5,6,7&8 Rock fwd on R, recover weight on L, turn ¼ right and step R to side, step L tog, step R to side 6:00

[57-64] □ FWD ROCK, COASTER CROSS, MONTEREY AND POINT

1,2,3&4 Rock L fwd, recover weight to R, step L back, step R beside left, cross L over right 6:00

5,6,7&8 Point R to side, turn ½ right stepping R next to left, point L to side, step L together, point R to side □ 12:00

PART B – 32 counts

[1 – 8] □ CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE SHUFFLE

1,2,3&4 Cross rock R over left, recover weight to L, step R to side, step L tog, step R to side 12:00

5,6,7&8 Cross rock L over right, recover weight to R, step L to side, step R tog, step L to side 12:00

[9-16] □ FWD ROCK, COASTER STEP, ¼ PIVOT, ¼ PIVOT

1,2,3&4 Rock R fwd, recover weight to L, Step R back, step L tog, step R fwd □ 12:00
5,6,7,8 Step L fwd, pivot ¼ right taking weight on R, step L fwd, pivot ¼ right taking weight on R 6:00

[17-24] □ CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE SHUFFLE

1,2,3&4 Cross rock L over right, recover weight to R, step L to side, step R tog, step L to side 6:00
5,6,7&8 Cross rock R over left, recover weight to L, step R to side, step L tog, step R to side 6:00

[25-32] □ FWD ROCK, COASTER STEP, ¼ PIVOT, ¼ PIVOT

1,2,3&4 Rock L fwd, recover weight to R, step L back, step R tog, step L fwd □ [6:00]
5,6,7,8 Step R fwd, pivot ¼ left taking weight on L, Step R fwd, Pivot ¼ left taking weight on L [12:00]

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