

# Live It Up

COPPER KNOB  
STEPSHEETS

拍數: 146      牆數: 0      級數: Intermediate  
編舞者: Mei Rizal (INA) - November 2014  
音樂: Live It Up (feat.Pitbull) - Jennifer Lopez



Intro/Tag : 40 count - Phrase, Tag-A-A-B-C-A-B-C-A-Tag-C(40)-A

TS1.□

1 - 8      Free Style

TS2.□

1 - 4      Walking on R-L-R-L

5 - 6      Rock R forward, recover on L

7&8      Step back on R, step L next to R, cross R over L

TS3.□

1 - 2      Rock L to left, recover on R

3&4      Cross L behind R, step R to right, cross L over R

5 - 6      ¼ turn left step back on R, ¼ turn left step L to left

7&8      Shuffle forward on R-L-R

TS4.□

1 - 8      Repeat TS3.

TS5.□

1 - 2      Rock L forward, recover on R

3&4      Full turn to left triple step on L-R-L

5 - 8      Rocking Chair, Rock R forward, recover on L, rock back on R, recover on L

**A : 32 count**

**A1.□ROCK FORWARD, RECOVER, ¾ TURN RIGHT, CROSS OVER 2X, ¼ TURN LEFT**

1 - 2      Rock R forward, recover on L

3 - 4      ½ turn right step R forward, ¼ turn right step L to left

5 - 6      Cross R over L, step L to left

7 - 8      Cross R over L, ¼ turn left step L forward

**A2.□STEP FORWARD, ½ TURN LEFT, SHUFFLE FORWARD, CROSS-SIDE-HEEL (L-R)**

1 - 2      Step R forward, ½ turn left step L on place

3&4      Shuffle forward on R-L-R

5&6&      Cross L over R, step R to right, touch L heel diagonal forward, step L in place

7&8&      Cross R over L, step L to left, touch R heel diagonal forward, step R in place

**A3.□CROSS OVER, ¼ TURN LEFT, CHASSE TO LEFT, STEP FORWARD, TOE TOUCH TO FORWARD & BACK, ½ TURN UPPER BODY TO LEFT (TRANSFER WEIGHT)□**

1 - 2      Cross L over R, ¼ turn left step back on R

3&4      Chasse to left on L-R-L

5 - 6      Step R forward, touch L toe forward

7 - 8      Touch L toe to back, ½ turn upper body to left (weight on L)

**A4.□STEP SIDE, ¼ TURN LEFT, HITCH, STEP SIDE-TOGETHER- FORWARD, STEP FORWARD, POINT TO SIDE, COASTER STEP**

1 - 2      Step R to right, ¼ turn left hitch on L

3&4      Step L to left, step R next to L, step forward on L

5 - 6      Step R forward, touch L to left side

7&8      Step back on L, step R next to L, step forward on L

**B : 64 count**

**B1.□STEP SIDE, CROSS OVER, FULL TURN R, STEP SIDE-BACK-RECOVER (R-L)**

- 1 - 4 Step R to right, cross L over R, turn upper body full to right (weight on L)
- 5,6& Step R to right, step back on L, recover on R
- 7,8& Step L to left, step back on R, recover on L

**B2. □ ¼ TURN RIGHT, STEP FORWARD, PIVOT ½ R, FULLTURN TO LEFT, SHUFFLE FRW**

- 1 - 4 ¼ turn right step forward on R-L pivot ½ right step on R, step L forward
- 5 - 6 ½ turn left step back on R, ½ turn left step forward on L
- 7&8 Shuffle forward on R-L-R

**B3. □ STEP SIDE, CLOSE, SCISSORS, ½ TURN LEFT, KICK BALL STEP**

- 1 - 2 Step L to left, close R together L
- 3&4 Step L to left, close R together L, cross L over R
- 5 - 6 ¼ turn left step back on R, ¼ turn left step L to left
- 7&8 Kick ball R forward, step R in place, step forward on L

**B4. □ TOE STRUTS R-L-R-L ¾ TURN RIGHT**

- 1 - 4 Touch R toe forward, drop R heel, ¼ turn right touch L toe to left, drop L heel
- 5 - 8 ¼ turn right touch R toe to back, ¼ drop R heel, touch L toe forward, drop L heel

**B5. □ SAMBA STEP (R-L-R), STEP FORWARD ¼ TURN LEFT WITH FLICK**

- 1&2 Cross R over L, step L to left, step R in place
- 3&4 Cross L over R, step R to right, step L in place
- 5&6 Cross R over L, step L to left, step R in place
- 7 - 8 Step forward on L, ¼ turn left flick R

**Note : do the B6, B7 and B8 session based on the B5.**

**C : 50 count**

**C1. □ WEAVE TO LEFT, FULL TURN TO LEFT & CHASSE**

- 1 - 4 Cross R over L, step L to left, cross R behind L, ¼ turn left step L forward
- 5 - 6 Step R forward, ½ turn left step L
- 7&8 ¼ turn left Chasse to right on R-L-R

**C2. □ STEP FORWARD, KICK BALL TOUCH, STEP FORWARD, KICK BALL TOUCH**

- 1 - 2 Step forward on L - R
- 3&4 Kick L forward, step L next to R, touch R to right side
- 5 - 6 Step forward on R - L
- 7&8 Kick R forward, step R next to L, touch L to left side

**C3. □ WEAVE TO RIGHT, FULL TURN TO RIGHT & CHASSE**

- 1 - 4 Cross L over R, step R to right, cross L behind R, ¼ turn right step R forward
- 5 - 6 Step L forward, ½ turn right step R
- 7&8 ¼ turn right chasse to left on L-R-L

**C4. □ ROCK RECOVER, SHUFFLE BACK, FULL TURN L/STEP BACK, COASTER STEP**

- 1 - 2 Rock R forward, recover on L
- 3&4 Shuffle back on R-L-R
- 5 - 6 ½ turn left step L forward, ½ turn left step back on R (Option : Step back on L - R)
- 7&8 Step back on L, step R next to L, step L forward

**C5. □ PIVOT ½ TURN LEFT (2X), OUT-OUT (2X)**

- 1 - 4 Pivot, step R forward, ½ turn left, step forward on R, ½ turn left
- 5 - 8 Step R forward out to right, step L forward out to left, repeat (shake your body)

**C6. □ TOE BEHIND, ½ TURN RIGTH, STEP FORWARD, ½ TURN RIGHT, STEP SIDE, HOLD**

- 1 - 4 Cross R toe behind L, hold, unwind ½ turn right (weight on R), hold

5 – 8 Step forward on L – R – L, ½ turn right step on R  
9 – 10 Step L to left, Hold (Weight on L)

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