

My Life

COPPER KNOB
STEPSHEETS

拍數: 64

牆數: 2

級數: Improver / Intermediate Cha Cha
style



編舞者: Peter Davenport (ES) - January 2015

音樂: My Life - Robin Thicke : (From The Animated Movie, Despicable Me)

#32 Count Intro, Start on vocals. Track Length 3.55

S1: Step Side, Rock Back Replace, R Kickball Cross, Side Together, Side Close Side

1 2 3 Step L to L, Rock R behind L, Recover on L □□□□□□12
4&5 Kick R out diagonal, Step down on R, Cross L over R □□□□□□12
6 7 Step R to R, Bring L to R □□□□□□□□12
8&1 Chasse R, R.L.R □□□□□□□□12

S2: Cross Back, Chasse ¼ L, ¼ R Cross Back, Chasse ¼ R

2 3 Cross L over R, Step back on R □□□□□□□□12
4&5 Chasse ¼ L, L.R.L □□□□□□□□9
6 7 Cross R over L, ¼ R step back on L □□□□□□□□12
8&1 Chasse ¼ R, R.L.R □□□□□□□□3

S3: Rock Replace, & Kick & Kick, Rock Back, Step, ½ L

2 3 Rock forward on L, Recover on R □□□□□□□□3
&4&5 Step back on L &, Kick R across L 4, Step back on R &, Kick L across R 5 □□3
6 7 Rock back on L, Recover on R □□□□□□□□3
8 1 Step on ball on L, ½ L touch R to L (step spin ½) □□□□□□9

S4: Step R, Reverse ½ R, Shuffle ½ R, Rock Replace, Sailor ¼ L

2 3 Step forward on R, Reverse ½ R step back on L □□□□□□□□3
4&5 Shuffle ½ R, R.L.R □□□□□□□□9
6 7 Rock forward on L, Recover on R □□□□□□□□9
8&1 L sailor ¼ Sweep L out and behind R, Step R to R, Step L to L 5th position □□6

S5: Full Turn L, Shuffle Forward, Pivot ¼ R, Samba Step

2 3 ½ L step back on R, ½ L step forward on L □□□□□□□□6
4&5 Shuffle forward R.L.R □□□□□□□□6
6 7 Step on L, Pivot ¼ R □□□□□□□□9
8&1 Rock L over R, Recover on R, Step L to L □□□□□□□□9

S6: Samba Step, Cross ¼ Back, Side, Forward Taps

2&3 Rock R over L, Recover on R, Step r to R □□□□□□□□9
4&5 Cross L over R, ¼ L step back on R, Step L to L □□□□□□□□6
6&7& Step R diagonally 6, Touch L to R &, Step L diagonally &, Touch R to L (travelling back) 6
8&1 Step R to R 8, Touch L to R &, Long step to L □□□□□□□□6

S7: Cross Unwind ½ R, Mambo Step, Back Together, Shuffle Forward

2 3 Cross R behind L, Unwind ½ R (weight on R) □□□□□□□□12
4&5 Rock forward on L, Recover on R, Step back on L □□□□□□□□12
6 7 Step R back, Bring L to R □□□□□□□□12
8&1 Shuffle forward R.L.R □□□□□□□□12

S8: Pivot ½ R, Side Rock Cross, Side Behind Side Touch Push

2 3 Step forward on L, Pivot ½ R (weight on R) □□□□□□□□6
4&5 Rock L out to L, Recover on R, Cross L over R □□□□□□□□6

6 7 8& Step R to R, Cross L behind R, Step R to R, Touch L to R□□□□6

No Tags / No Restarts

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