

# How You Live

**COPPER** KNOB  
STEPSHEETS

拍數: 48      牆數: 2      級數: Intermediate waltz  
編舞者: Pat Cosgrave (NZ) - January 2015  
音樂: How You Live (Turn Up the Music) - Point of Grace : (Album: How You Live - Deluxe Edition)



**Intro: Dance starts on the word "Up" of the first vocals "Wake Up to the sunlight...."**

## **S1: CROSS R, UNWIND ½ L, L BACK LOCK**

1, 2, 3      Cross R over L, Unwind ½ L turn (2 counts)  
4, 5, 6      Step L back on L 45 degrees, Step R back across L, Step L back on L 45 degrees□ (6.00 o'clock)

## **S2: R FULL TURN (RLR), L CROSS WALTZ**

1, 2, 3      Make ¼ R turn step R fwd, Make ½ R turn step L back, Make ¼ R turn step R to R side  
4, 5, 6      Cross L over R, Rock R to R side, Recover L to L side (6.00 o'clock)

## **S3: FWD R, PIVOT ½ L DRAG L TO R, FWD L FULL TURN (LRL)**

1, 2, 3      Step R fwd, Pivot ½ L while dragging L back beside R (2 counts)  
4, 5, 6      Step L fwd, Make ½ L turn step back R, Make ½ L turn step fwd L drag R to L  
(Option for counts 4, 5, 6 Step L fwd, Step R beside L, Step L fwd)□(12.00 o'clock)□□

## **S4: CROSS, SIDE, BACK, CROSS, BACK, ½ TURN**

1, 2, 3      Step R across L, Step L to L side, Step R back  
4, 5, 6      Step L across R, Step R back, Make ½ turn Left step fwd L□(6.00 o'clock)

## **S5: R ROCK, RECOVER, CROSS, STEP L TO L SIDE DRAG R TO L (over 2 counts)**

1, 2, 3      Rock R to R side, Recover onto L, Cross R  
4, 5, 6      Step L to L side, Drag R to L (2 counts)□(6.00 o'clock)

## **S6: R ROCK, RECOVER, CROSS, STEP L TO L SIDE DRAG R TO L (over 2 counts)**

1, 2, 3      Rock R to R side, Recover onto L, cross R  
4, 5, 6      Step L to L side, Drag R to L (2counts) (6.00 o'clock)

## **S7: BEHIND ROCK, RECOVER, SIDE, BEHIND, ¼ TURN, ¼ SIDE**

1, 2, 3      Rock R behind L, Recover onto L, Step R to R side \*  
4, 5, 6      Step L behind R, Make ¼ turn R step fwd R, Make ¼ turn R step L to L side # (12.00 o'clock)

## **S8: R SAILOR STEP, L CROSS SAMBA ½ TURN**

1, 2, 3      Step R behind L, Step L to L side, Step R to R side  
4, 5, 6      Cross L over R, Make ¼ L turn step back on R, Make ¼ L turn step L to L side□ (6.00 o'clock)

[48]□

## **BRIDGE (as from 6.00 o'clock)**

### **BR1: R MODIFIED JAZZBOX, L MODIFIED JAZZ BOX**

1,2,3      Cross R over L, Step L back, Step R Back on L 45 degrees  
4,5,6      Cross L over R, Step R back, Step L back on R 45 degrees□(6.00 o'clock)

### **BR2: FWD R, ½ R TURN, BACK R, LEFT BACK, COASTER STEP**

1,2,3      Step fwd on R, Make ½ R turn step back on L, Step back on R  
4,5,6      Step L back, Step R beside L, Step L fwd□(12.00 o'clock)

### **BR3: FWD R LOCK, FWD L LOCK**

1,2,3            Step R fwd, Step L behind R, Step R Fwd  
4,5,6            Step L fwd, Step R behind L, Step L fwd□(12.00 o'clock)

**BR4: FWD R, PIVOT ½ L, HOLD**

1,2,3            Step R fwd, Pivot ½ L, Hold (weight on L)□(6.00 o'clock)

**BR5: FWD R LOCK, FWD L LOCK**

1,2,3            Step R fwd, Step L behind R, Step R fwd  
4,5,6            Step L fwd, Step R behind L, Step L fwd□(6.00 o'clock)

**BR6: R ROCK, RECOVER, CROSS R, STEP L TO L SIDE, POINT R, HOLD**

1,2,3            Rock R to R side, Recover onto L, Cross R over L  
4,5,6            Step L to L side, Point R to R side, Hold□(6.00 o'clock)

[33]

**RESTART** occurs during Wall 9 facing 12.00. Dance to Count 42 #. Restart main dance (Wall 10) facing 12.00.

**TAG** You will be facing 6.00 for this 6 count Tag which happens after Wall 11 Bridge.

1, 2, 3            Step R to R side, Sway R, Hold  
4, 5, 6            Step L to L side, Sway L, Hold

Continue with main dance for Wall 12 (6.00) and Wall 13 (12.00)

**ENDING** occurs during Wall 14 facing 6.00. Dance to count 39 \* (R to R side) Slowly drag L towards R facing front.

**BRIDGE** occurs on Wall 2 facing 6.00, Wall 6 facing 12.00, Wall 11 facing 6.00

**TOTAL SEQUENCE OF DANCE:**

(12)□Wall 1 = 48 counts□□□□□  
(6)□Wall 2 = 33 counts (Bridge)□□  
(6,12,6) Walls 3, 4 & 5 = 48 counts□□  
(12)□Wall 6 = 33 counts (Bridge)□□  
(12,6)□Walls 7 & 8 = 48 counts□□  
(12)□Wall 9 = 42# counts (Restart)  
(12)□Wall 10 = 48 counts  
(6)□Wall 11 = 33 counts (Bridge)  
(6)□Tag after Wall 11 Bridge = 6 counts  
(6,12)□Walls 12 & 13 = 48 counts  
(6)□Wall 14 and Ending = 39 \* counts

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