

I Lived

COPPERKNOB
BY STEPHENETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Karen Jennings (AUS) & Jennifer Hughes (AUS) - January 2016
音樂: I Lived - OneRepublic : (Album: Native - iTunes - 3:54)



DANCE STARTS: 16 Count Intro (Start on vocals)

[1-8] □ STEP SIDE, STEP BEHIND & STEP SIDE, STEP ACROSS, STEP SIDE, R SAILOR STEP, STEP BEHIND, ¼ R

1, 2 & 3, 4 Step L to L, Step R behind L, Step L to L, Cross/Step R over L, Step L to L side
5 & 6, 7, 8 Step R behind L, Step L to L, Step R to R, Step L behind R, Turn ¼ R Stepping fwd on R □ □ (3.00)

[9-16] □ PIVOT ½ R, FULL TURN FORWARD, WALK FWD L, R, FWD COASTER

1, 2, 3, 4 Step fwd on L, ½ Turn pivot over R (wt on R), Turn ½ R Step back on L, Turn ½ R Step fwd on R
5, 6, 7 & 8 Step fwd on L, Step fwd on R, Step fwd on L, Step R beside L, Step back L □ □ □ (9.00)

[17-24] □ STEP BACK, DRAG, STEP TOG., STEP BACK, DRAG, L COASTER STEP, PIVOT ½ L

1, 2 & 3, 4 Step back on R, Drag L towards R, Step L beside R, Step back on R, Drag L towards R
5 & 6, 7, 8 Step back on L, Step R beside L, Step fwd on L, Step fwd on R, ½ Turn pivot over L (wt on L) □ (3.00)

[25-32] □ □ PIVOT ¼ L, HEEL SWITCHES, STEP FWD, STEP TOG., BACK LOCK SHUFFLE

1, 2, 3 & Step fwd on R, ¼ Turn pivot over L (wt. on L), R, Touch R heel fwd slightly across L, Step R beside L
4 & 5, 6 Touch L heel slightly across R, Step L beside R, Step fwd on R, Step L beside R
7 & 8 Lock Shuffle back Stepping back on R, Cross/Step L over R, Step back on R □ □ □ (12.00)

[33-40] □ □ ½, ¼, L SAILOR STEP, BEHIND, ¼, FULL TURN FORWARD

1, 2, 3 & 4 Turning ½ back over L Step fwd on L, Turn ¼ L Step R to R, Step L behind R & Step R to R, Step L to L
5, 6, 7, 8 Step R behind L, Turn ¼ L Stepping fwd on L, Turn ½ L Step back on R, Turn ½ L Step fwd on L (12.00)

[41-48] □ □ ROCK FWD, REPLACE, BACK, ½, STEP, ROCK FWD, REPLACE, BACK, ½

1, 2, 3 & 4 Rock/Step fwd on R, Step back on L, Step back on R, Turn ½ over L stepping on L, Step fwd on R
5, 6, 7, 8 Rock/Step fwd on L, Step back on R, Step back on L, Turn ½ over R stepping fwd on R □ □ (12.00)

[49-56] □ STEP ACROSS, POINT, STEP ACROSS, ¼ POINT, STEP ACROSS, STEP SIDE, STEP BEHIND, ¼ R STEP FWD

1, 2, 3, 4 Step L over R, Point R toe to R, Step R over L, Turn ¼ R on ball of R Point L toe to L
5, 6, 7, 8 Step L over R, Step R to R, Step L behind R, Turn ¼ R Stepping fwd on R □ □ □ (6.00)

[57-64] □ OUT, OUT, STEP ACROSS, OUT, OUT, STEP ACROSS, STEP BACK, ½ R, PIVOT ½ R

& 1, 2, & 3, 4 Step L to L, Step R to R, Step L over R, Step R to R, Step L to L, Step R over L
5, 6, 7, 8 Step back on L, Turn ½ R Stepping fwd on R, Step fwd on L, ½ turn Pivot over R (wt. on R) □ (6.00)

END OF SEQUENCE

SHORT WALLS – On Wall 2 & Wall 4 Restart after count 56, On wall 6 Restart after count 48.

FINISH: On Wall 8, Dance to count 32, then Rock/Step back on L, Step fwd on R, Stomp L beside R

Choreographer Details: -□

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