

# Life In Sunshine

COPPER KNOB  
BY STEPHEN HETS

拍數: 48      牆數: 2      級數: Improver  
編舞者: Flat Guo (CN) - March 2017  
音樂: Hei Ya Zi - Life in sunshine - Time: 4'25"



Intro : 30 counts

Restarts : 1 Restart occurring after count 30 on rotation 4

Tag : 15 counts

Dance sequence : AA Tag A A30 AA Tag AAA Tag AA30 end

## [1-6] L Cross R Point , R Cross L Point

1-2-3      ( 1 ) cross L over R ( 2 ) point R to right side ( 3 ) hold (1:30)  
4-5-6      ( 4 ) cross R behind L ( 5 ) point L to left side ( 6 ) hold (1:30)

## [7-12] L Fwd R Sweep , R Twinkle

1-2-3      ( 1 ) step left forward to sweep R ( 2-3 ) continue sweeping (12:00)  
4-5-6      ( 4 ) cross R over L ( 5 ) step L to L ( 6 ) recover weight on to R (1:30)

## [13-18] L Twinkle , R Cross L Back R Cross

1-2-3      ( 1 ) cross L over R ( 2 ) step R to R ( 3 ) R over weight on to L (10:30)  
4-5-6      ( 4 ) cross R over L ( 5 ) step L back ( 6 ) cross R over L (10:30)

## [19-24] Side , Drag , 1/4 Turn Fwd , Pivot 1/2 Turn

1-2-3      ( 1 ) step L to L ( 2-3 ) Drag R next to L for 2 counts (9:00)  
4-5-6      ( 4 ) turn 1/4 R stepping fwd on R ( 5 ) step L fwd (12:00) ( 6 ) pivot 1/2 turn R taking  
weight on to R (6:00)

## [25-30] L Fwd , R Kick , R Back , L Toe Back Point

1-2-3      ( 1 ) step fwd on L ( 2-3 ) kick R fwd for 2 counts (6:00)  
4-5-6      ( 4 ) step R back ( 5 ) point L back ( 6 ) hold (6:00)

## [31-36] Full Turn , Slide Drag

1-2-3      ( 1 ) make 1/2 turn L stepping fwd on L (6:00) ( 2 ) make 1/2 turn L stepping back on R  
(12:00) ( 3 ) make 3/4 turn L stepping fwd on L (9:00)  
4-5-6      ( 4 ) slide right to right side ( 5-6 ) drag L next to R (9:00)

## [37-42] L Twinkle , R Twinkle 1/2 Turn R

1-2-3      ( 1 ) cross L over R ( 2 ) stop R to R ( 3 ) recover weight onto L (9:00)  
4-5-6      ( 4 ) make 1/2 turn R stepping fwd on R ( 5 ) step L to left side ( 6 ) recover weight onto  
R (3:00)

## [43-48] L Twinkle , R Spiral Turn Clockwise L (6:00)

1-2-3      ( 1 ) cross L over R ( 2 ) step R to R ( 3 ) recover L (3:00)  
4-5-6      R full turn 1¼ clockwise (6:00) ( 4 ) step R fwd 1/4 turn R ( 5 ) make 1/2 turn R stepping  
back on L ( 6 ) make 1/2 turn R stepping fwd on R

## Tag

### [1-6] L Cross R Point , R Cross L Point

1-2-3      ( 1 ) cross L over R ( 2 ) point R to right side ( 3 ) hold (1:30)  
4-5-6      ( 4 ) cross R behind L ( 5 ) point L to left side ( 6 ) hold (1:30)

[7-9] L Fwd R Sweep , R Twinkle(7 ) step left forward to sweep R (8-9 ) continue sweeping (12:00)

[10-12] R Weave 10 ) cross R on L 11 ) stop L to left side 12 ) cross R toe behind ( but touch R behind L )  
( 12:00 )

[13-15] Turn Fwd Pivot Turn 13 ) make 1/2 turn R stepping forward R ( 6:00 ) 14 ) step L forward 15 )  
pivot 1/2 turn R ( recover weight R ) ( 12:00 )

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