

Beautiful Life

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: High Intermediate
編舞者: Hiroko Carlsson (AUS) - June 2017
音樂: Beautiful Life - Ace of Base : (iTunes)



(Intro: 16 Counts/ Start on Vocals)

[S1] 2x Cross-Back-Side-Knee In-Out (12:00)

1 2& Cross R over L, Step L back, Step R to right side
3 4 L knee in, L knee out (weight on L)
5 6& Cross L over R, Step R back, Step L to left side
7 8 R knee in, R knee out (weight on R)

[S2] Side Rock, Cross, Side, 1/4R Side, Step Pivot 1/2R, Fwd (9:00)

1 2 Rock/step R to right side, recover weight on L
3 4 Cross R over L, Step L to left side
5 6 Turning 1/4R step R to right side, Step L fwd
7 8 Turning 1/2R weight on R, Step L fwd

[S3] Walk-Walk RL, Paddle Turn 1/4L, Cross-Side-Cross-Side (6:00)

1 2 Step R fwd, Step L fwd
3 4 Step R fwd, Turning 1/4L weight on L
5 6 Cross R over L, Step L to left side
7 8 Cross R over L, Step L to left side

[S4] Back, Sweep, &, Heel, Hold, Fwd w/ 1/2R Sweep, Cross, &, Tap, Hold (12:00)

1 2& Step R back sweep L around R from the front to the back (1 2), Step L behind R (&)
3 4 R heel fwd, Hold weight on L
5 6& Step R fwd sweep L around R whilst turning 1/2R (5 6), Cross L over R (&),
7 8 Tap R behind L, Hold weight on L

[S5] Side-1/2L Ball Turn-Together, Cross-1/2R Ball Turn-Together, Scissor Cross, Hold, &(Tap) (12:00)

1 2& Step R to right side, On ball of R turning 1/2L, Step L next to R
3 4& Cross R over L, On ball of R turning 1/2R, Step L next to R
5 6& Step R to right side (5 6), Step L next to R (&),
7 8& Cross R over L, Hold, Tap L beside R

[S6] Side-1/2R Ball Turn-Together, Cross-1/2L Ball Turn-Together, Scissor Cross, Hold (12:00)

1 2& Step L to left side, On ball of L turning 1/2R, Step R next to L
3 4& Cross L over R, On ball of L turning 1/2L, Step R next to L
5 6& Step L to left side (5 6), Step R next to L (&),
7 8& Cross L over R, Hold

[S7] 1/4R Fwd-Hold-1/2R Back, Back-Hold-Switch, Fwd-Hold-1/2R Back, Back-Hold-Touch (3:00)

1 2& Turning 1/4R step R fwd, Hold, Turning 1/2R step L back
3 4& Step R back, Hold, Switch/step L next to R
5 6& Step R fwd, Hold, Turning 1/2R step L back
7 8& Step R back, Hold, Touch L next to R

[S8] 1/4L Fwd-Hold-1/2L Back, Back-Hold-Touch, 1/4R-Sweep-Cross, Recover-Sweep-Side (9:00)

1 2& Turning 1/4L step L fwd, Hold, Turning 1/2L step R back
3 4& Step L back, Hold, Touch R next to L
5 6& Turning 1/4R step R fwd, Sweep L around R from the back to the front, Cross L over R

7 8& Recover weight on R, Sweep L around R from the front to the side, Step L to left side

Tag (16 counts): End of Wall 1 – 4x 1/4R Box Step (9:00)

1 2 3 4 Cross R over L, Step L back, Turning 1/4R step R to right side, Step L fwd (12:00)

5 6 7 8 Cross R over L, Step L back, Turning 1/4R step R to right side, Step L fwd (3:00)

1 2 3 4 Cross R over L, Step L back, Turning 1/4R step R to right side, Step L fwd (6:00)

5 6 7 8 Cross R over L, Step L back, Turning 1/4R step R to right side, Step L fwd (9:00)

Please contact me if you have any inquiry. (hirokoclinedancing@gmail.com)

(Updated: 31/5/17)
