

You Are My Life

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: mBah Wir (INA) - July 2017
音樂: Eres mi vida by Alessandra, Mixton Music



Intro: 16 counts

S1: SAMBA WHISK (RIGHT, LEFT), ¾ TURN RIGHT TRIPLE STEP, ¼ TURN RIGHT SIDE, ¼ TURN BACK, TOGETHER

1&2 Step R to side, Cross L behind R, Step R in place
3&4 Step L to side, Cross R behind L, Step L in place
5 & 6 Make ¼ turn R step R forward, Step L forward, Pivot ½ turn R
7 & 8 Make ¼ turn R step L to side, Make ¼ turn R step R back, Step L next to R

S2: (FORWARD, BACK ROCK, RECOVER)X2, ¼ RIGHT CROSS SAMBA, RIGHT CROSS SHUFFLE

1&2 Step R forward, Rock L back, Recover on R
3&4 Step L forward, Rock R back, Recover on L
5&6 Make ¼ turn R cross R over L, Rock L to side, Recover on R
7&8 Cross L over R, Step R to side, Cross L over R

*Restart here on wall 3 & wall 6

S3: FORWARD MAMBO, SWEEP, ½ TURN LEFT COASTER STEP, FORWARD ROCK, RECOVER, ½ TURN RIGHT FORWARD, FULL TURN RIGHT TRIPLE STEP

1&2 Rock R forward, Recover on L, Step R next to L
3&4 Sweep L from front to back, Make ½ turn L step on ball of R next to L, Step L forward
5&6 Rock R forward, Recover on L, Make ½ turn R step R forward
7&8 Make ½ turn R step L back, Make ½ turn R step R forward, Step L forward

S4: ¼ VOLTA TURN RIGHT, FORWARD ROCK, RECOVER, ¼ TURN LEFT SIDE, CROSS OVER, SIDE, CROSS BEHIND, ¼ TURN LEFT CROSS BEHIND, SIDE, CROSS OVER

1&2 Make 1/8 turn R step R forward, Step on ball of L in place, Make 1/8 turn R step R forward
3&4 Rock L forward, Recover on R, Make ¼ turn L step L to side
5&6 Cross R over L, Step L to side, Cross R behind L
7&8 Make ¼ turn L cross L behind R, Step R to side, Cross L over R

Begin again. Have fun.

Restart during wall 3 & wall 6 after 16 counts, dance facing 12.00

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