

Life's About to Get Good

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Improver
編舞者: Diana Dawson (UK) - August 2017
音樂: Life's About To Get Good - Shania Twain : (Album: Now, DeLuxe - Amazon & iTunes)



#Intro: 16 counts

S1: Right side rock, Recover, Sailor Cross, Side rock, Recover, Sailor Step

1-2 Rock Right to Right side. Recover onto Left
3&4 Step Right behind Left. Step Left to Left side. Cross Right over Left
5-6 Rock Left to Left side. Recover onto Right
7&8 Step Left behind Right. Step Right to Right Side. Step Left to Left side

S2: Heel Switches, Step, Pivot Half Turn, Syncopated Jazzbox Cross, Side

1& Tap Right Heel forward. Step Right beside Left
2& Tap Left heel forward. Step Left beside Right
3-4 Step forward on Right. Pivot Half turn Left (weight onto Left) (6:00)
5-6 Cross Right over Left. Step back on Left
&7-8 Step Right to Right side. Cross Left over Right. Step Right to Right side

S3: Rock back, Recover, Heel Ball Cross, Heel Ball Cross, Side Rock, Recover

1-2 Rock back on Left slightly behind Right. Recover onto Right
3&4 Dig Left heel diagonally forward Left. Step Left in place. Cross Right over Left
5&6 Dig Left heel diagonally forward Left. Step Left in place. Cross Right over Left
7-8 Rock Left to Left side. Recover onto Right

S4: Coaster Quarter turn, Shuffle forward, Rock forward, Recover, Coaster step

1&2 Quarter turn Left stepping back on Left. Step right beside Left. Step forward on Left (3:00)
3&4 Step forward on Right. Step Left beside Right. Step forward on Right
5-6 Rock forward on Left. Recover onto Right
7&8 Step back on Left. Step Right beside Left. Step forward on Left

S5: Rock forward, Recover, Half Turn Shuffle, Half turn shuffle, Rock back, Recover

1-2 Rock forward on Right. Recover onto Left
3&4 Shuffle Half turn Right stepping forward Right, Left, Right (9:00)
5&6 Shuffle Half turn Right stepping back Left, Right, Left (3:00)
7-8 Rock back on Right. Recover onto Left

Option: Steps 3&4-5&6 – Right shuffle back, Left shuffle back – no turning

S6: Rock side, Recover, Cross shuffle, Rock side, Recover, Sailor step

1-2 Rock Right to Right side. Recover onto Left
3&4 Cross Right over Left. Step Left to Left side,. Cross Right over Left
5-6 Rock Left to left side. Recover onto Right.
7&8 Step Left behind Right. Step Right to Right side. Step Left to Left Side

Start Again

TAG; At the end of Wall 1 (3:00), Wall 3 (9:00) and Wall 5 (3:00) (every side wall)

Jazzbox Cross

1-4 Cross Right over Left. Step back on Left. Step Right to Right side. Cross Left over Right

Ending: At the end of Wall 7 (facing 9:00) change the final Sailor step to a Sailor quarter turn Right to finish the dance facing front!

Thank you to JoAnn from Arizona USA for suggesting this song!

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