

# Life Goes On

COPPERKNOB  
BY SHEETS

拍數: 32      牆數: 2      級數: Intermediate NC2  
編舞者: Maria Maag (DK) - November 2017  
音樂: Empty Room - Sanna Nielsen



Intro: 12 counts from first beat (12 sec. into track )

Tag: 2 counts after wall 1 (facing 06:00), sway R (1), sway L drag R next to L (2)

Restarts:-

Wall 2 After 20 counts (facing 12:00 weights L) turn ¼ R and sweep L fw. (count 1), beginning of the dance.

Wall 5 After 18& counts (facing 9:00 weights L) step fw. R and sweep L fw. (count 1) beginning of the dance.

Ending: On wall 7 after 14 counts (step R to R slide L next to R) (on count 15)...The End

[1 – 8] ¼ R sweep L fw. weave R, sweep R back, behind turn 3/8 L step fw. R full turn R, step fw. L ½ R Run run

- 1-2&      Turn ¼ R stepping down R and sweep L fw. (1), cross L over R (2), step R to R (&) 03:00  
3-4&      Cross L behind R and sweep R back (3), cross R behind L (4), turn 3/8 L stepping down L (&) 10:30  
5-6&      Step fw. R (prep) (5), turn ½ R stepping back L (6), turn ½ R stepping down R (&) 10:30  
7-8&      Step fw. L turn ½ R on L (7), run fw. R (8), run fw. L (&) 04:30

[9 – 16] Step hitch 1/8 R weave R, behind ½ turn L, sway R+L, basic R

- 1-2&      Step fw. R hitch L and turn 1/8 R (1), cross L over R (2), step R to R (&) 06:00  
3-4&      Turn 1/8 L stepping L back (3), step back R (4), turn ¼ L stepping down L (&) 01:30  
5-6      Turn 1/8 L stepping R to R and sway R (5), sway L (6) 12:00  
7-8&      Take a big step R to R (7), close L behind R (8), cross R over L (&) 12:00

[17 – 24] ¾ fan turn R, run run, step ¼ L lunge L, recover ¼ R hitch L (figure 4 step), full turn R, step ¼ turn L

- 1-2&      Step L to L and fan turn 3/4 R sweeping R back (1), run fw. R (2), run fw. L (&) 09:00  
3-4      Step fw. R (3), turn ¼ L and Lunge L to L (prep) (4) 06:00  
5-6&      Recover ¼ R hitch L fw.(figure 4 step)(5), ½ turn R stepping back L (6), ½ turn R stepping down R (&) 09:00  
7-8&      Step L fw.(7), step R fw. (8), turn ¼ L stepping down L (&) 06:00

[25 – 32] Weave L, ¼ L sweep R fw. mambo fw. R step back R kick L fw. run run 1/8 R, turn 1/8 R basic L

- 1-2&      Cross R over L (1), step L to L (2), cross R behind L (&) 06:00  
3-4&      Turn ¼ L stepping down L and sweep R fw. (3), rock fw. R (4), recover L (&) 03:00  
5-6&      Step back R (slightly bend R knee) and kick L fw. (5), run fw. L (6), run fw. R with 1/8 turn R (&) 04:30  
7-8&      Turn 1/8 R take a big step L (7) close R behind L (8), cross L over R (&) 06:00

Enjoy...:-)

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