

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 $\frac{1}{4}$ 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] $\frac{1}{4}$ R sweep L fw. weave R, sweep R back, behind turn $\frac{3}{8}$ L step fw. R full turn R, step fw. L $\frac{1}{2}$ R Run run

- 1-2& Turn $\frac{1}{4}$ 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 $\frac{3}{8}$ L stepping down L (&) 10:30
5-6& Step fw. R (prep) (5), turn $\frac{1}{2}$ R stepping back L (6), turn $\frac{1}{2}$ R stepping down R (&) 10:30
7-8& Step fw. L turn $\frac{1}{2}$ R on L (7), run fw. R (8), run fw. L (&) 04:30

[9 – 16] Step hitch $\frac{1}{8}$ R weave R, behind $\frac{1}{2}$ turn L, sway R+L, basic R

- 1-2& Step fw. R hitch L and turn $\frac{1}{8}$ R (1), cross L over R (2), step R to R (&) 06:00
3-4& Turn $\frac{1}{8}$ L stepping L back (3), step back R (4), turn $\frac{1}{4}$ L stepping down L (&) 01:30
5-6 Turn $\frac{1}{8}$ 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] $\frac{3}{4}$ fan turn R, run run, step $\frac{1}{4}$ L lunge L, recover $\frac{1}{4}$ R hitch L (figure 4 step), full turn R, step $\frac{1}{4}$ turn L

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

[25 – 32] Weave L, $\frac{1}{4}$ L sweep R fw. mambo fw. R step back R kick L fw. run run $\frac{1}{8}$ R, turn $\frac{1}{8}$ R basic L

- 1-2& Cross R over L (1), step L to L (2), cross R behind L (&) 06:00
3-4& Turn $\frac{1}{4}$ 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 $\frac{1}{8}$ turn R (&) 04:30
7-8& Turn $\frac{1}{8}$ R take a big step L (7) close R behind L (8), cross L over R (&) 06:00

Enjoy...:-)

Contact: Maria.maag.dk@gmail.com