

We Lived It (P)

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 0 級數: Improver Partner
編舞者: Dan Albro (USA) - November 2017
音樂: I Lived It - Blake Shelton



Intro: 16 count intro, start with vocals

Start: Closed social position, man facing OLOD, ladies facing ILOD

*** 2 easy Tags.**

[1-8] SWAY, SWAY, SWAY, TOUCH, SWAY, SWAY, SHUFFLE SIDE

1,2,3,4 Man: Sway left, sway right, sway left, touch R next to L
5,6,7&8 Sway right, sway left, step side R, step L next to R, step side R

1,2,3,4 Lady: Sway right, sway left, sway right, touch L next to R
5,6,7&8 Sway left, sway right, step side L, step R next to L, step side L

[9-16] ROCK, STEP, TURN LADY, MANS ROCKING CHAIR – LADIES ROCK, STEP, ½ TURN, TOUCH

1,2,3,4 Man: Rock back L, replace weight on R, step fwd L, step fwd R
5,6,7,8 Rock fwd L, replace weight on R, rock back L, replace weight on R

1,2,3,4 Lady: Rock fwd R, replace weight on L, turn ½ right stepping fwd R, turn ½ right stepping back L
5,6,7,8 Rock back on R, replace weight on L, turn ½ left stepping back on R, touch L toe next to R

Hands:

Count 3 bring mans left, ladies right over ladies head

Count 5 man picks up ladies left in his right bringing both hands out to side

Count 7 hands go up and come together switching, on count 8 hands go out to sides

[17-24] Both: SIDE, BEHIND, SHUFFLE SIDE, CROSS OVER, TURN BACK ¼, SHUFFLE ½ TURN

1,2,3&4 Step side L, cross R behind L, step side L, step R next to L step side L
5,6,7 Cross step R over L, turn ¼ right stepping back L, turn ¼ right stepping side R
&8 Step L next to R, turn ¼ right stepping fwd R

Hands: Count 6 left hands go over ladies head, on count 8 man picks up ladies right in his right

[25-32] TURN LADY, HE SHUFFLES – SHE WALKS, ROCK, REPLACE, STEP SIDE, TOUCH

1,2,3&4 Man: Step fwd L, step fwd R, step fwd L, step R next to L, step fwd L
5,6,7,8 Rock fwd R, replace weight on L, turn ¼ right stepping side R, touch L next to R

1,2,3,4 Lady: Turn ½ right stepping back L, turn ½ right stepping fwd R, step fwd L, step fwd R
5,6,7,8 Rock fwd L, replace weight on R, turn ¼ left stepping side L, touch R next to L

Hands:

Count 1 release left hands bringing right hand over ladies head.

Count 3 ladies switch hands picking up his right with her left.

Count 7 release mans right, ladies left, picking up his left & her right into starting position.

***TAG: At the end of the 1st and 4th repetition: Add this easy 4 count Tag:**

1-4 Step side L, touch R, step side R, touch L (ladies opposite)