

Live In The Moment!

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Ann-Kristin Sandberg (NOR) - January 2018
音樂: Live in the Moment - Portugal. The Man : (iTunes)



INTRO: 16 Count - Dance ends at 3:05

S1: KICKBALLSTEP-ROCK RECOVER-1/2 TURN R-TOE STRUT-1/2 TURN R-TOE STRUT

1&2 Kick R foot forw, Step R next to L, Step L forw
3-4 Step R forw, Recover onto L
5-6 ½ turn R touch R toe forw, R heel down (F06)
7&8 ½ turn R touch L toe backw, L heel down (F12)

S2: ¼ TURN R-TOE STRUT-CROSS-POINT-TOGETHER-1/4 TURN WITH HEEL BUMP-BACK-POINT

1-2 ¼ turn touch R toe to R side, R heel down (F03)
3-4 Cross L over R, Point R out to R side
5&6 Step R next to L, Lift both heels up, Turn ¼ L with heels down (F12)(bend knees)
7-8 Step L backw, Point R toe forw

S3: BACK-POINT-BACK RECOVER-CROSS-POINT-CROSS-POINT

1-2 Step R backw, Point L toe forw
3-4 Step L backw, Recover onto R
5-6 Cross L over R, Point R out to R side
7-8 Cross R over L, Point L out to L side

S4: JAZZBOX-CROSS-SIDE-HOLD-BACK RECOVER

1-2 Cross L over R, Step R backw
3-4 Step L to L side, Cross R over L
5-6 Step L to L side, Hold
7-8 Step R back, Recover onto L (F 12)

S5: TOE STRUTS x2-SIDE-TOGETHER-BACK-KICK

1-2 Touch R toe to R side, R heel down (turn your body diagonal to R)
3-4 Cross L toe in front of R, L heel down
5-6 Step R to R side, Step L next to R
7-8 Step R backw, Kick L forw

S6: BACK RECOVER-STEP-SWEEP R-STEP-SWEEP L-STEP-TOUCH

1-2 Step L backw, Recover onto R
3-4 Step L forw, Sweep R out to R side
5-6 Step R forw, Sweep L out to L side
7-8 Step L forw, Touch R next to L

RESTART on wall 5 Facing 12 after 48 count

S7: ROCK RECOVER-1/2 TURN R-STEP-1/2 TURN L-1/2 TURN L-WALK x 2

1-2 Step R forw, Recover onto L
3-4 ½ Turn R stepping R forw, Step L forw (F06)
5-6 ½ turn L stepping R backw, ½ turn L stepping L forw
7-8 Step R forw, Step L forw

S8: OUT-HOLD-OUT-HOLD-TOGETHER-BEND KNEES

1-2 Step R out to R side (Put your R hand on your chest), Hold
3-4 Step L out to L side (Put your L hand to your chest), Hold

- 5-6 Step R next to L & move both arms up & out making a circle down
7-8 Raise your R arm up in the air, bend both knees & move your R arm down

TAG: End of wall 2 facing 12:

- 1-2 Step R forw, Recover onto L
3-4 Step R backw, Recover onto L
5-6 Step R to R side, Recover onto L
7-8 Step R backw, Recover onto L

RESTART: Wall 5 after 48 count facing 12

Last Update - 25th Jan. 2018
