

She Gives Me Life

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Low Intermediate
編舞者: Donna Manning (USA) - January 2018
音樂: Woman, Amen - Dierks Bentley



*1 fix & restart on count 16 on wall 3 (facing 6:00)

Back wall is the mirror image of the front wall....yes it is ...just try it, it's fun!

Front wall will ALWAYS start with the L

Sec. 1: Triple, Triple, Rock(Press), Replace, Step Back, Drag or Lift

1&2, 3&4 Step L fwd, bring R instep to L heel, step L fwd, step R fwd, L instep to R heel, step R fwd
5,6,7,8 Rock L fwd, replace weight back to R, step L back, lift R up (small hitch) (12:00)

Sec. 2: Back Rock, Replace, Step, ½ Turn, Jazz Triangle

1,2,3,4 Rock back on R, replace weight fwd to L, step R fwd, ½ turn L taking weight to L
5,6,7,8 Cross R over L, step L back, R to R side, touch L next to R (6:00)

***FIX & RESTART here on wall 3 facing 6:00 ---count 8 DO NOT TOUCH - take weight to L on count 8

Sec. 3: ¼ L, Step Fwd, ¾ Turn, Side Step, Behind, Side Step, Crossing Triple

1,2,3,4 ¼ turn L stepping L fwd, step R fwd, ¾ turn L taking weight to L, step R to R side
5,6,7&8 L behind R, R to R side, cross L over R, R to R side, cross L over R (6:00)

Sec. 4: R Diagonal Rock, Replace, Behind, Side, Cross Rock, Replace, Side, Step

1,2,3,4 Rock R to the fwd outside diagonal (7:30), replace weight to L, step R behind L, L to L side
5,6,7,8 Cross rock R over L, replace weight to L, step R to R side, step L fwd (6:00)

Back wall will ALWAYS start with the R

Sec. 1: Triple, Triple, Rock(Press), Replace, Step Back, Drag or Lift

1&2, 3&4 Step R fwd, bring L instep to R heel, step R fwd, step L fwd, R instep to L heel, step L fwd
5,6,7,8 Rock(or press) R fwd, replace back to L, step R back, drag or lift L up (small hitch) (6:00)

Sec. 2: Back Rock, Replace, Step, ½ Turn, Jazz Triangle

1,2,3,4 Rock back on L, replace weight fwd to R, step L fwd, ½ turn R taking weight to R
5,6,7,8 Cross L over R, step R back, L to L side, touch R next to L (12:00)

Sec. 3: ¼ R, Step Fwd, ¾ Turn R, Side Step, Behind, Side Step, Crossing Triple

1,2,3,4 ¼ turn R stepping R fwd, step L fwd, ¾ turn R taking weight to R, step L to L side
5,6,7&8 R behind L, L to L side, cross R over L, L to L side, cross R over L (12:00)

Sec. 4: L Diagonal Rock, Replace, Behind, Side, Cross Rock, Replace, Side, Step

1,2,3,4 Rock L to the fwd outside diagonal (10:30), replace weight to R, step L behind R, R to R side
5,6,7,8 Cross rock L over R, replace weight to R, step L to L side, step R fwd (12:00)