

One Life, Live It Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Yann Gourvellec (FR) & Carole Gourvellec (FR) - May 2018
音樂: Live It Up (feat. Will Smith & Era Istrefi) - Nicky Jam : (2018 FIFA World Cup Russia)



Cross rock, Side shuffle, Cross rock, Shuffle 1/4 :

1-2 Cross rock Rf over Lf, Recover on Lf
3&4 Step Rf to R side, Step Lf next to Rf, Step Rf to R side
5-6 Cross rock Lf over Rf, Recover on Rf
7&8 Make a 1/4 turn L fwd on Lf, Close Rf behind Lf, Step Lf fwd

2x Hip rolls 1/4, Jazz box :

1-2 ¼ turn L stepping Rf to R side & pushing your hip back and to R
3-4 ¼ turn L stepping Rf to R side & pushing your hip back and to R
5-6 Cross Rf over, Step Lf back
7-8 Step Rf to R side, Step fwd on Lf

Step, Touch, Back, Touch, Side, Touch, Rock step, Coaster step :

1-2 Step Rf fwd (slightly into the diagonal), Touch Lf next to Rf
&3 Step Lf back, Touch Rf next to Lf
&4 Step Rf to R side, Touch Lf next to Rf
5-6 Rock L fwd, Recover on Rf
7&8 Step Lf back, Step Rf next to Lf, Step Lf fwd

Full turn, Triple fwd, 2x stomp, Applejacks :

1-2 Make 1/2 turn L stepping back on Rf, Make 1/2 turn L stepping fwd on Lf
3&4 Step Rf fwd, Close Lf behind Rf, Step Rf fwd
5-6 Stomp Lf to L side, Stomp Rf to R side.
&7 Swivel L toe to L as you twist R heel inward, recover to center
&8 Swivel R toe to R as you twist L heel inward, recover to center

Easy option : In the last section instead of making Full turn you can do 2 Walks.

And instead of making applejacks you can do Out-In Out-In Swivels :

&7 Rising on balls of feet swivel both heels out, Swivel both heels in
&8 Still on balls of feet swivel both heels out, Swivel both heels in (weight on left)

Contact : yanngourvellec2002@gmail.com
