

# One Life, Live It Up

**COPPER** **KNOB**  
BY STEPHEN

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)

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