

Life Is Going On

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Improver
編舞者: Florian Richard & Guillaume Richard (FR) - July 2018
音樂: My Life Is Going On (Cecilia Krull vs. Gavin Moss) - Cecilia Krull & Gavin Moss



Intro: 16 counts

[1 – 9] Side Step - Back Step - Hook - Shuffle Fwd - Step Fwd - Point - Step 1/2 turn Step

1-2-3 Step R to R (1), Step L bwd (2), Hook R over L (3) 12:00
4&5 Step R fwd (4), Lock L behind R (&), Step R fwd (5) 12:00
6-7 Step L fwd (6), Point R toes fwd (7) 12:00
8&1 Step R bwd (8), Make 1/2 turn L stepping L fwd (&), Step R fwd (1) 6:00

[10 – 16] Rock - 1/4 turn Sweep - Sailor Step - Hold - Ball - Shuffle Side

2-3 Step L fwd (2), Recover on R making 1/4 turn L and sweep L from front to back (3) 3:00
4&5-6 Cross L behind R (4), Step R to R (&), Step L to L (5), Hold (6) 3:00
&7&8 Step R next to L (&), Step L to L (7), Step R next to L (&), Step L to L (&) 3:00

[17 – 25] Drag - 1/4 turn weigh transfert - Kick - Cross Samba with 1/8 turn - Step Fwd - 1/4 turn Step Back - Step Lock Step Bwd

1-2-3 Drag R next to L (1), Make 1/4 turn R and transfert weight on R (2), Transfert weight on L and kick R fwd (3) 6:00
4&5 Cross R over L (4), Step L to L (&), Step R diagonally fwd (5) 7:30
6-7 Step L fwd (6), Make 1/4 turn L stepping R bwd (7) 4:30
8&1 Step L bwd (8), Cross R over L (&), Step L bwd (1) 4:30

[26 – 32] 1/4 turn Step & Point - 1/4 turn Flick - Shuffle fwd - 1/8 turn Side Step - 1/4 Step fwd - 3/4 turn Together

&2-3 Make 1/4 turn R stepping R to R (&), Point L toes on L (2), Make 1/4 turn L stepping L fwd and flick R bwd 4:30
4&5 Step R fwd (4), Lock L behind R (&), Step R fwd (5) 4:30
6-7 Make 1/8 turn R stepping L to L (6), Make 1/4 turn R stepping R fwd (7) 9:00
8 Make 3/4 turn R stepping L next to R (8) 6:00

Contact: cowboy_gs@hotmail.fr