

My Life Is A Party

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - February 2019
音樂: My Life Is a Party (R.I.O. Video Edit) - ItaloBrothers : (iTunes)



(Intro: 16 counts)

[S1] Back Rock, Syncopated Rocking Chair, Out-Out, Sailor Step

1 2 Rock/step back on R, Recover weight on L
3&4& Rock/step forward on R, Recover weight on L, Rock/step back on R, Recover weight on L
5 6 Step R to right, Step L to left
7&8 Cross R behind L, Step L out to left side, Step R to right side (12:00)

[S2] Fwd Rock-Back w/ Drag, Together-Heel Fan, Ball-Heel, Hold, Ball-Walk Walk

1&2 Rock/step forward on L, Recover weight on R, Step back on L and drag R towards L
3&4 Step R together (3), Heel fan out-in (&4)
&5 6 Step back on L (&), Dig right heel forward (5), Hold (6)
&7 8 Step R next to L, Step forward on L, Step forward on R (12:00)

[S3] Fwd, 1/2L w/ Kick, Step-Lock-Step, &-Knee In, Hold, Side-Behind-1/4L-Side-Together

1 2 Step forward on R, Make a ½ turn left (weight on R) and kick L to left diagonal
3&4 Step L to left diagonal, Lock R behind L, Step L to left diagonal
&5 6 Step R to side (&), Touch L toe next to R and L knee in (5), Hold (6)
&7& Step L to left side, Step R behind L, Make a ¼ turn left stepping forward on L
8& Step R to right, Step L together (3:00)

[S4] Side Rock, Cross Shuffle, 1/4R Out-Out, Hold, Chase Turn 1/2R-Fwd

1 2 Rock/step R to right, Recover weight on L
3&4 Cross R over L, Step L close to R, Cross R over L
&5 6 Make a ¼ turn right step out-out (step L to side, Step R to side) (&5), Hold (6)
7&8 Step forward on L, Make a ½ turn right recover weight on R, Step forward on L** (12:00)

[S5] R Fwd (Twist) Rock-Triple Turn, L Fwd (Twist) Rock-Triple Turn

1 2 Step forward on R (twist body to 9:00), Recover weight on L (12:00)
3&4 Triple full turn right RLR on the spot
5 6 Step forward on L (twist body to 3:00), Recover weight on R (12:00)
7&8 Triple full turn right LRL on the spot (12:00)

[S6] Modified Figure 8

1 2 Step R to right, Step L behind R
3 4 Make a ¼ turn right stepping forward on R, Step forward on L
5 6 Make a ½ turn right recover weight on R, Make a ¼ turn right stepping L to left
7&8 Step R behind L, Make a ¼ turn left stepping forward on L, Make a ¼ turn left stepping R to right (6:00)

[S7] L Back Rock (Looking back), Fwd Rock-Back, R Back Rock (Looking back), Fwd Rock-Back

1 2 Rock/step back on L and looking back to 12:00, Recover weight on R
3&4 Rock/step forward on L, Recover weight on R, Step back on L
5 6 Rock/step back on R and looking back to 12:00, Recover weight on L
7&8 Rock/step forward on R, Recover weight on L, Step back on R (6:00)

[S8] Back (Looking back), Hold, Ball-Step-Pivot 1/4R, Cross, 1/4L, Triple Turn Back

1 2& Step back on L and looking back to 12:00 (1), Hold (2), Recover/step forward on R (&
3 4 Step forward on L, Make a ¼ turn right recover weight on R
5 6 Cross L over R, Make a ¼ turn left stepping back on R
7&8 Triple full turn left LRL traveling backwards (6:00)

Repeat

Restart: on Wall 3 count 32 (12:00)

**Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 5/Feb/19)**
