

Bright Side Of Life

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: Improver - Novelty (Social Only)
編舞者: Cato Larsen (NOR) - February 2019
音樂: Livets Lyse Side - Finn Kalvik : (CD: Finn Kalvik - Fra A Til Nå: 40 Beste)



Intro: Start the dance on the word "dagen" (41 seconds).

[1 – 8] Step, Scuff, Step, Scuff, Mambo Step, Step, Scuff, Step, Scuff, Mambo Step.

- 1& Step forward on right (1), Scuff left foot forward (&). 12:00
- 2& Step forward on left (2), Scuff right foot forward (&).
- 3&4 Step forward on right (3), Rock (recover) weight back again onto left (&), Step right next to left (4).
- 5& Step forward on left (5), Scuff right foot forward (&).
- 6& Step forward on right (6), Scuff left foot forward (&).
- 7&8 Step forward on left (7), Rock (recover) weight back again onto right (&), Step left next to right (8).

[10 – 16] Shuffle Lock back, Shuffle 1/2 turn, 1/4 Chase turn, Side Rock & Cross.

- 1&2 Step back on right (1), Lock left across of right (&), Step back on right (2). 6:00
- 3&4 Shuffle 1/2 turn left Stepping L,R,L (3&4).
- 5&6 Step forward on right (5), Pivot 1/4 turn left (&), Cross left over right (6). 9:00
- 7& Step left to left side (7), Rock (recover) weight back again onto right (&).
- 8 Cross left over right (8).

[17 – 24] Side Mambo's & Touch, Forward & Back Mambo's & Touch.

- 1& Step right to right side (1), Rock (recover) weight back again onto left (&).
- 2& Step right next to left (2), Step left to left side (&).
- 3& Rock (recover) weight back again onto right (3), Step left next to right (&).
- 4 Touch right toe next to left (4).
- 5& Step forward on right (5), Rock (recover) weight back again onto left (&).
- 6& Step right next to left (6), Step back on left (&).
- 7& Rock (recover) weight forward onto right (7), Step left next to right (&).
- 8 Touch right toe next to left (8).

[25 – 32] 1/4 Pivot turn twice, Sailor 1/4 turn, Step, 1/2 Pivot turn, Sailor 1/4 turn.

- 1 Pivot 1/4 turn right Stepping forward on right (1). 6:00
- 2 Pivot 1/4 turn right Stepping left to left side (2). 9:00
- 3& Cross right behind left (3), Pivot 1/4 turn right Stepping left next to right (&), 12:00
- 4 Step right slightly forward (4).
- 5,6 Step forward on left (5), Pivot 1/2 turn left Stepping back on right (6). 6:00
- 7& Cross left slightly behind right (7), Pivot 1/4 turn left Stepping right next to left (&).
- 8 Step slightly forward on left (8). 3:00

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