

Adventure Of A Lifetime

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver / Intermediate
編舞者: Amy Christian (USA) - April 2019
音樂: Adventure of a Lifetime - Coldplay



Intro: 32 Counts.

CROSS SHUFFLE, ¼ FWD SHUFFLE, ¼ CROSS SHUFFLE, ¼ FWD SHUFFLE,

1&2 Cross Shuffle R-L-R,
3&4 ¼ left Fwd Shuffle L-R-L [9:00],
5&6 ¼ right Cross Shuffle R-L-R [12:00],
7&8 ¼ left Fwd shuffle L-R-L [9:00],

ROCK FWD, RECOVER, R COASTER STEP, PIVOT ½, FWD SHUFFLE,

1-2 Rock fwd on R, Recover back on L,
3&4 R Coaster Step,
5-6 Step fwd on L, Pivot ½ turn right, stepping fwd on R [3:00],
7&8 Shuffle fwd L,R,L,

KICK, KICK, R COASTER STEP, KICK, ¼ KICK, L COASTER STEP,

1-2 Kick R across L, Kick R diagonally fwd,
3&4 R Coaster Step,
5-6 Kick L across R, Swivel on R foot as you Kick L fwd making a ¼ turn left [12:00],
7&8 L Coaster Step,

*(Restart happens here on wall 10)

SHUFFLE FWD, ½ SHUFFLE BACK, OUT, OUT, ACROSS, SIDE,

1&2 Shuffle fwd R-L-R,
3&4 ½ Shuffle back, turning right [6:00],
5-8 Step R out to right side, Step L out to L side, Step R across L, Step L to left side,

Start again!

RESTART – Happens on Wall 10. Dance 24 counts and start over!

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Last Update – 16 April 2019