

Life Is Worth Living

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Daniel Trepát (NL), Fred Whitehouse (IRE), Darren Bailey (UK) & Roy Verdonk (NL) - May 2019
音樂: Life Is Worth Living - Rachel Talbott



Intro: 0 counts (app. 1 sec into track)

Starting position: When music start be already on count 1 of the dance with weight on L so you can start R forward on 2

[1 – 8] Step fwd, ½ turn L Chase turn, Rockstep, Cross, Rock with 1/8 turn L, Arm Movement, Cross, 3/8 turn, Step back

1 – 2&3 Step L forward (1), Step R forward (2), ½ turn L stepping L forward (&), Step R forward (3) 6:00
4&5 Rock L to L side (4), Recover on R (&), Cross L over R (5) 6:00
6 – 7 Rock R to R side (Start raising both hands fwd) (6), Recover on L while turning 1/8 turn L (Finish Arms movement) (7) 4:30
8& Cross R over L (8), 3/8 turn R stepping L back (&) 9:00

[9 – 16] ¼ turn R, Step R with modified Hitch, Cross Rock, Recover with Sweep, Sailor ¼ turn L, ½ turn R, ½ turn L, Arm Movement

1 – 3 ¼ turn R stepping R to R side and hitching L knee keeping knee pointed to L figure 4 (1), Cross rock L over R & bend both knees (2), Recover on R while sweeping L back (3) 12:00
4&5 ¼ turn L crossing L behind R (4), Step R to R side (&), Step L forward (5) 9:00
6 – 8& Recover weight on R while turning ½ turn R (6), Recover weight on L while turning ½ turn L (raise both arms up) (7), Pull R arm in (8) Pull L arm in (&) 9:00

[17 – 24] ½ Diamond Fallaway, Lunge, 3/8 turn L, Sweep fwd, Cross, Side

1 – 2& Step R to R side (1), 1/8 turn L stepping L back (2), Step R back (&) 7:30
3 – 4& 1/8 turn L stepping L to L side (3), 1/8 turn L stepping R fwd (4), Step L fwd (&) 4:30
5 – 6 Step R fwd (Start lunge) (5), Finish Lunge (weight still on R) (6) *add* R arm reach to R diagonal during counts 5,6 4:30
7 – 8& 3 1/8 turn L stepping L fwd & sweeping R fwd (7), Cross R over L (8), Step L to L side (&) 12:00

[25 – 32] Cross, Sweep back, Cross, Side, Cross Rock, Side Cross, Side, ¼ turn, Side, Walk L R

1 – 2& Cross R behind & sweep L back (1), Cross L behind R (2), Step R to R side (&) 12:00
3 – 4& Cross L over R (3), Recover on R (4), Step L to L side (&), 12:00
5 – 6& Cross R over L (5), Step L to L side (6), ¼ turn R stepping R to R side (&) 3:00
7 – 8 Step L fwd (7), Step R fwd (8) 3:00

Happy Face & Start Again!

Last Update - 24 May 2019