

Life's Been Good

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Ria Vos (NL) - November 2019
音樂: Life's Been Good to Me - Adam Brand : (Album: Speed Of Life)



Intro: 16 Counts

Side, Together, Side Rock-Point, Side Rock-Cross, ¼ R, ¼ R, Cross

1-2 Step R to R Side, Step L Next to R
3&4 Rock R to R Side, Recover on L, Point R Across L
5&6 Rock R to R Side, Recover on L, Cross R Over L
7&8 ¼ Turn R Step Back on L, ¼ Turn R Step R to R Side, Cross L Over R (6:00)

Side, Touch, Side, Touch, Side, Sailor ¼ L, Crossing Samba, Cross

1& Step R to R Side, Touch L Next to R
2& Step L to L Side, Touch R Next to L,
3 Step R to R Side
4&5 Step L Behind R, ¼ Turn L Step R Next to L, Step Fwd on L (3:00)
6&7 Cross R Over L, Rock L to L Side, Recover on R
8 Cross L Over R ***Restart Point

Side, Back Rock, Side, Behind-Side-Cross, Side, Back Rock-Point

1 Step R to R Side
2&3 Rock Back on L, Recover on R, Step L to L Side
4&5 Step R Behind L, Step L to L Side, Cross R Over L
6 Step L to L Side
7&8 Rock Back on R, Recover on L, Point R to R Side

Back Rock-Side, Behind-Side-Cross, Side Rock, Kick, Cross, Side Mambo

1&2 Rock Back on R , Recover on L, Step R to R Side
3&4 Step L Behind R, Step R to R Side, Cross L Over R
5& Rock R to R Side, Recover on L
6& Kick R Fwd, Cross R Over L
7&8 Rock L to L Side, Recover on R, Step L Next to R

Restart: On wall 3 After count 16 (9:00)

Option: On wall 2, 5 & 7 when he sings: 'Stop, take a minute and breathe' replace count 1-3 at section 2 with:
1-3 Step R to R Side, Hold for 2 counts, then continue with Sailor ¼ Turn L

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