

Live It Up

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Improver
編舞者: Stella Kim (KOR) - February 2020
音樂: Live It Up - Lee DeWyze



Intro: 16 counts

Sequence: 32-tag-30&-32-30&-32-14-32-14-12& with ending

SEC 1: (SIDE, BACK ROCK, RECOVER) X2, FORWARD, FORWARD, PIVOT 1/4 R, WEAVE

1-2& RF side, LF back rock, RF recover
3-4& LF side, RF back rock, LF recover
5-6& RF forward, LF forward, pivot 1/4 turn R(weight RF)(3:00)
7&8& LF cross over RF, RF side, LF cross behind RF, RF side

SEC 2: CROSS ROCK, RECOVER, SIDE, CROSS, 1/4 R BACK, SIDE, CROSS ROCKING CHAIR, CROSS, SIDE, BEHIND/SWEEP

1-2& LF cross rock, RF recover, LF side
3-4& RF cross over LF, 1/4 turn R with LF back(6:00), RF side
5&6& LF cross rock, RF recover, LF side rock, RF recover
***Restart up to 5&6 counts on Wall 6(12:00), Wall 8(12:00)**
7&8 LF cross over RF, RF side, LF cross behind RF and RF sweep from front to back

SEC 3: BEHIND, 1/4 L, 1/4 L, BACK ROCK, RECOVER, SIDE, BEHIND, 1/4 L, FORWARD, ROCKING CHAIR

1&2 RF cross behind LF, 1/4 turn L with LF forward, 1/4 turn L with RF side(12:00)
3&4 LF back rock, RF recover, LF side
5&6 RF cross behind LF, 1/4 turn L with LF forward(9:00), RF forward
7&8& LF forward rock, RF recover, LF back rock, RF recover

SEC 4: (TOGETHER, BACK ROCK, RECOVER) X2, CROSS, 1/4 L, SIDE, SWAY(R/L)

1-2& LF beside RF, RF back rock, LF recover
3-4& RF beside LF, LF back rock, RF recover
5-6& LF cross over RF, 1/4 turn L with RF back, LF side
***Restart here on Wall 2(12:00), Wall 4(12:00)**
7-8 R sway, L sway(weight LF)

TAG (2counts): After 1st wall,

1-2 R sway, L sway

RESTART:

After 30& counts on Wall 2 facing(12:00), Wall 4 facing(12:00)

After 14 counts on Wall 6 facing(12:00), Wall 8 facing (12:00)

***At the third and fourth restart, the last two counts(13&14) change the step.**

LF cross rock(13), RF recover(&), LF side sway(14)

ENDING: On Wall 9, dance up to 12&counts(RF side) then unwind 1/2 turn R(12:00)

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