

A Rhythm Of Life

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Nina Chen (TW) & Adeline Chang (MY) - March 2020
音樂: A Rhythm Of Life (一曲紅塵) (DJ版) - Guo Shao Jie (郭少傑)



Intro: 32 counts

Sequence : 32/ 48, 48, 40, 40, 40/ 48, 40, 40, 40, 40

Sec1: SIDE - TOUCH (IN OUT IN), HIPS BUMP

1-4 Step RF to R - Touch LF beside RF - Touch LF to L - Touch LF beside RF
5-8 Step LF to L while bump hips to L 4 times

Sec2: FWD SHUFFLE, FWD - PIVOT 1/2 R, FWD SHUFFLE, FWD - PIVOT 1/2 L

1&2, 3-4 Fwd shuffle (R L R), Step LF fwd - Pivot 1/2 turn R (6:00) weight on RF
5&6, 7-8 Fwd shuffle (L R L), Step RF fwd - Pivot 1/2 turn L (12:00) weight on LF

Sec3: FWD ROCK - RECOVER - SIDE ROCK - RECOVER, BACK ROCK - RECOVER - SIDE ROCK - RECOVER

1-4 Rock RF fwd - Recover on LF - Rock RF to R - Recover on LF
5-8 Rock RF back - Recover on LF - Rock RF to R - Recover on LF

Sec4: FWD SHUFFLE, 1/2 L FWD SHUFFLE, 1/4 R FWD SHUFFLE, 1/2 L FWD SHUFFLE

1&2, 3&4 Fwd shuffle (R L R), 1/2 turn L (6:00) fwd shuffle (L R L)
5&6, 7&8 1/4 turn R (9:00) fwd shuffle (R L R), 1/2 turn L (3:00) fwd shuffle (L R L)

Sec5: FWD - PIVOT 1/4 L. (x4)

1-4 Step RF fwd - Pivot 1/4 turn L weight on LF - Step RF fwd - Pivot 1/4 turn L weight on LF
5-8 Step RF fwd - Pivot 1/4 turn L weight on LF - Step RF fwd - Pivot 1/4 turn L weight on LF

Sec6: SIDE - TOUCH FWD.(x2), SIDE - TOUCH BEHIND.(x2)

1-4 Step RF to R - Touch LF over RF - Step LF to L - Touch RF over LF
5-8 Step RF to R - Touch LF behind RF - Step LF to L - Touch RF behind LF

Have Fun & Happy Dancing !!!

Contact Nina Chen : nina.teach.dance@gmail.com