

# Living Well

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Gunawati Tiotama (INA) - March 2020  
音樂: Live Well – Amy Sand



Notes: This dance is dedicated to my mentor, my teacher, Tjhioe Fong laoshi. God bless you.

Intro: 32 counts

## Section 1: Back, Sailor, Spiral Pivot Turn, Back Lock Step, 1/4 L Side

1            Step L back  
2&3        Cross R behind L, Step L to L, Step R to R  
4 5        Cross L over R, R Full turn and Step R forward  
6&7        Step L back, Lock R over L, Step L Back  
8            ¼ L Step R to R (9.00)

## Section 2: NC Basic, ½ L Turn, Jump & Flick, Hold, Back, Side Rock, ¼ L Ronde

1 2&        Big Step L to L, Cross R behind L, Cross L over R  
3 4 5       ½ L Step R behind, Jump L forward while flicking R, hold (3.00)  
**(Raise R hand up on count 4 and down on count 5)**  
6&7        Step R down, Step L to L, Recover  
8            ¼ L Sweep L front to back (12.00)

## Section 3: Back, Run 3x, Hold 2x, Sway 3x, Back

1            Step L back  
2&3        Run forward R, L, R  
**(on count 3, lock & bent both knees, weight on R)**  
4 5        Hold 2 counts  
**(while both hands reach out on count 4 and down on count 5)**  
6&7        Step L to L and Sway L, R, L  
8            Step R back

## Section 4: Back, ½ R Forward Lock Step, 1/8 L Point, ¼ R Flick, Diagonal Rock, Back, 1/8 R Side

1            Step L behind  
2&3        ½ R Step R forward, Lock L behind R, Step R forward (6.00)  
4            1/8 L Point L forward while bending R knee (4.30)  
5            ¼ R Flick L while straightening R knee (7.30)  
6&7        Rock L forward, Recover, Step L back  
8            1/8 R Step R to R (9.00)

## Tag: Pivot Turn 2x

1 2        Step L forward, ½ R Step R forward  
3 4        Step L forward, ½ R Step R forward  
**(after Wall 2 and Wall 6)**

## Restarts:

Wall 4 after 16 counts.

Wall 8 after 20 counts.

**\*Dance with your soul and let it speak for itself\***

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