

It's My Life

COPPER KNOB
BY STEPHEN

拍數: 88 牆數: 2 級數: Phrased Improver
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音樂: It's My Life (don't Worry) (feat. Dr. Alban) - Chawki



Intro 32C

SEQUENCES: CD AB AB(16c) CD AB AB (16c) CD(4) B AB (16c) Tag 4c CC D(4c) pose(1c)

PART C(32c),

#1C. STEP FWRD - CROSS -BACK LOCK STEP

1-4 RF step in front (1), LF cross in front RF (2) RF step back, LF lock, RF step back (3&4)
5-8 LF step in front (5), RF cross in front LF (6) LF step back, RF lock, LF step back (7&8)

#2C. STEP FWRD- CROSS- BACK LOCK STEP- TAP

1-4 RF step in front (1), LF cross in front RF (2) RF step back, LF lock, RF step back (3&4)
5-8 Tap the left toe from in front to the left 'till 1 line with RF (5,6,7,8)

#3C. STEP FWRD-CROSS - BACK LOCK STEP

1-4 LF step in front (1), RF cross in front LF (2) LF step back, RF lock, LF step back (3&4)
5-8 RF step in front (5), LF cross in front RF (6) RF step back, LF lock, RF step back (7&8)

#4C. STEP FWRD-CROSS- BACK LOCK STEP- TAP

1-4 LF step in front (1), RF cross in front LF (2) LF step back, RF lock, LF step back (3&4)
5-8 Tap the right toe from in front to the right 'till 1 line with LF (5,6,7,8)

PART D(8c),

R DIAGONAL FORWARD- TOUCH, L DIAGONAL FORWARD- TOUCH- JUMP THE FEET

1-4 RF foward diagonal (1), LF touch together with wave the right hand (2), LF foward diagonal (3), RF touch together with wave the left hand (4)
5-8 little jump the feet at the place with 2 hands go up (5,6,7,8)

PART A (16c),

#1A. WALK FWD - OPEN STEP -BENT KNEE IN & OUT- JUMP THE FEET

1-4 Walk forward RF (1), walk forward LF (2) step out RF(3), step out LF (4),
5-8 bent knee RF in, out, in (5,6,7), Jump the feet at the place & close together the feet when landing (8).

#2A. STEP BACK- OPEN STEP-BENT KNEE IN & OUT- JUMP THE FEET.

1-4 Step back LF (1), step back RF (2) step out LF(3), step out RF (4),
5-8 bent knee LF in, out, in (5,6,7). Jump the feet at the place & close together the feet when landing (8).

PART B (32c),

#1B. SIDE ROCK-RECOVER-BEHIND-SIDE CROSS

1-4 RF side rock (1), LF recover (2) , RF behind, LF side, RF cross (3&4)
5-8 LF side rock (5) , RF recover (6), LF behind, RF side, LF cross (7&8)

#2B. SWAY - RUN HANDS THRU BODY UPWARD- PUNCH WAIST

1-4 walk at the place RF & LF, sway the hip right & left with run hands thru the body upward (1,2,3,4)
5-8 punch left & right waist alternately (5,6,7,8)

#3B. TOUCH DIAGONAL FWRD- FLICK- CROSS SHUFFLE- SIDE ROCK-TOGETHER-FWRD CHACHA

1-4 RF touch fwrld diagonal (1), flick RF (2), cross shuffle (3&4),

5-8 LF step side (5), close together RF (6), fwd chacha LF (7&8)

#4B. SIDE ROCK-TOGETHER-BACK CHACHA-COASTER STEP- PIVOT ½ TURN L

1-4 RF side rock (1), LF close together (2), RF step back chacha (3&4),

5-8 LF coaster step (5&6), RF fwd (7), 1/2 turn left (8), facing 6 o'clock.

TAG (4c),

RF fwd (1), 1/2 turn left (2), RF side point (3), hold position weight on LF (4)
