

Life Is For Living

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Mikael Mölsä (FIN) - 9 September 2020
音樂: Life Is for Living (feat. Maja Norming) - Ivy-Rose Lyon : (CD: Ain't No Worry)



Starting point: At the vocals, at about 0:09.

Note: There is a restart on wall 6. On that wall, just dance to count 16 (weight remains on right, you are facing 9 o'clock) and restart the dance. Also, on wall 1, do not turn $\frac{1}{4}$ to left, do the rock step forward without the turn.

Ending: After dancing 9 walls, you'll end up on the 1st wall. Dance the 1st set of 8's and after that just strike a pose, should you wish.

$\frac{1}{4}$ LEFT TURNING ROCK STEP, SHUFFLE BACK, SLIDE BACK DIAGONAL, $\frac{1}{4}$ LEFT TURNING SAILOR STEP

1-2 Turn $\frac{1}{4}$ to left and rock left forward, recover weight back to right
3&4 Step left back, step right next to left, step left back
5-6 Step right back to right diagonal, slide left next to right
7&8 Step left behind right, step right next to left and turn $\frac{1}{8}$ to left, step left to left diagonal and turn $\frac{1}{8}$ to left (completing the $\frac{1}{4}$ turn to left)

Note: you can open your hands to the side a little on counts 5-6 for a styling effect and to highlight the music.

$\frac{1}{4}$ LEFT TURNING KICK BALL CROSS, TOE TOUCHES, $\frac{1}{2}$ LEFT TURNING TOE TOUCHES

1&2 Kick right foot forward, step right next to left, turn $\frac{1}{4}$ to left and step left across right
3&4& Touch right toe to right side, step right next to left, touch left toe to left side, step left next to right
5& Touch right toe forward, step right next to left
6& Touch left toe forward, step left next to right
7& Touch right toe forward, step right next to left
8& Touch left toe forward, step left next to right

Note: on counts 5-8&, turn $\frac{1}{2}$ to left.

Restart: on wall 6 there is a restart. On that wall dance to count 16 (weight remains on right, you'll be facing 9 o'clock) and restart the dance.

KICK'N'TOUCHES, FULL UNWIND, SAILOR STEP

1&2& Kick right forward, step right back, touch left toe across right, step left forward
3&4 Kick right forward, step right forward, touch left toe behind right
5-6 Unwind a full turn to left for two counts
7&8 Step left behind right, step right next to left, step left to left diagonal

Note: You can do a sweep from front to back on counts 5-6 without the turn if turning is not your thing. Also, on counts 5-6, you can open up your hands to the side when you turn to highlight the music and the movement better.

STEP, HOLD, SAILOR STEP, STEP ACROSS, HOLD, STEPS ACROSS

1-2 Step right to right diagonal, hold
3&4 Step left behind right, step right next to left, step left to left diagonal
5-6 Step right across left, hold
&7 Step left to the side, step right across left
&8 Step left to the side, step right across left

REPEAT

Last Update - 12 Sept. 2020

