

Life With Me

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Arnaud Marraffa (FR) & Chrystel Arréou (FR) - October 2020
音樂: Spend Your Life With Me - The Abrams



Start after 16 counts

Sequence : TAG - 48 - 64 - TAG - 48 - 64 - TAG - TAG - 64 - 64

[1-8] TRIPLE STEP FWD, ½ TURN TRIPLE STEP BACK, TRIPLE STEP BACK, COASTER STEP

1&2 Step R fwd, Step L next to R, Step R fwd
3&4 ½ turn R stepping back on L, Step R next to L, Step back on L
5&6 Step back on R, Step L next to R, Step back on R
7&8 Step back on L, Step R next to L, Step L fwd

[9-16] STOMP, HOLD, STOMP, HOLD, JAZZ BOX CROSS

1-2 Stomp R in R diagonal, Hold
3-4 Stomp L in L diagonal, Hold
5-6 Cross R over L, Step back on L
7-8 Step R on R side, Cross L over R (Weight on L)

[17-24] TRIPLE STEP SIDE, ¼ TURN TRIPLE STEP, ROCK BACK, TOUCH BALL CROSS

1&2 Step R to R side, Step L next to R, Step R to R side
3&4 ¼ turn R stepping L on L side, Step R next to L, Step L to L side
5-6 Step back on R, Recover on L
7&8 Touch R next to L, Step R slightly back, Cross L over R

[25-32] SIDE ROCK STEP, CROSS SHUFFLE, ¼ TURN, ¼ TURN, CROSS SHUFFLE

1-2 Step R to R side, Recover on L
3&4 Cross R over L, Step L to L side, cross R over L
5-6 ¼ turn R stepping back on L, ¼ turn R stepping R on R side
7&8 Cross L over R, Step R on R side, Cross L over R

[33-40] STOMP, HOLD, SAILOR STEP ½ TURN L, STOMP, HOLD, COASTER STEP

1-2 Stomp R, Hold
3&4 Sailor step L with ½ turn L 5-6 Stomp R, Hold
7&8 Step back on L, Step R next to L, Step L fwd

[41-48] ROCK FWD, COASTER STEP, STEP, POINT, UNWIND ¾ R, STOMP

1-2 Step R fwd, Recover on L
3&4 Step back on R, Step L next to R, Step R fwd
5-6 Step L fwd, Point R behind L
7-8 Unwind ¾ turn R, Stomp L *

[49-56] STOMP, STOMP, APPLE JACK, HEEL & TOE & TOE & HEEL

1-2 Stomp R, Stomp L
&3&4 Apple jack
5&6& R heel on place, Together, L point on place, Together
7&8& R point on place, Together, L Heel on place, Together

[57-64] ROCKING CHAIR, JAZZ BOX WITH ½ TURN R

1-2 Step R fwd, Recover on L
3-4 Step back on R, Recover on L
5-6 Cross R over L, Step back on L

7-8 ½ turn R stepping R on R side, Step L fwd

TAG (16 COUNTS)

[1-8] TRIPLE STEP, ¼ TRIPLE STEP, ¼ TRIPLE STEP, TRIPLE STEP FWD

1&2 Step R fwd, Step L next to R, Step R fwd
3&4 ¼ turn R, Step L to L side, Step R next to L, Step L to L side
5&6 ¼ turn R, Step R to R side, Step L next to R, Step R to R side
7&8 Step L fwd, Step R next to L, Step L fwd

[9-16] ROCKIN'CHAIR, STEP ½ TURN, FULL TURN

1-2 Step R fwd, Recover on L
3-4 Step back on R, Recover on L
5-6 Step R fwd, ½ turn L (Weight on L)
7-8 ½ turn L stepping back on R, ½ turn L stepping L fwd *

*** On Tag 3, change counts 7-8 (full turn) by : Step R fwd, Step L fwd**
