

# Wo Zhe Yi Sheng

COPPER KNOB  
BYEFOOTETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: BM Leong (MY) - February 2021  
音樂: Wo Zhe Yi Sheng (我这一生) (DJ版) - Ma Jian Tao (马健涛)



Intro: 32 counts.

## S1: HEEL, HEEL, SAILOR-CROSS X 2

1-2            Tap right heel to right diagonal twice  
3&4           Cross R behind L, step L to left side, cross R over L  
5-6            Tap left heel to left diagonal twice  
7&8            Cross L behind R, step R to right side, cross L over R

## S2: RIGHT LINDY, LEFT VINE 1/4 TURN LEFT, SCUFF

1&2            Cha cha to right side on RLR  
3-4            Cross L behind R, recover onto R  
5-6            Step L to left side, cross R behind L  
7-8            1/4 turn left stepping L forward, scuff R forward

## S3: TWIST RIGHT & LEFT ON HEELS-TOES-HEELS WITH CLAPS

1-2            Twist right on heels, twist right on toes  
3-4            Twist right on heels, clap  
5-6            Twist left on heels, twist left on toes  
7-8            Twist left on heels, clap

## S4: FORWARD ROCK, TRIPLE 1/2 TURN RIGHT, FORWARD ROCK, COASTER STEP

1-2            Rock R forward, recover onto L  
3&4            Triple 1/2 turn right on RLR  
5-6            Step L forward, recover onto R  
7&8            Coaster step on LRL

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