

Live Your Best Life

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 0 級數: Beginner
編舞者: Michelle Wright (USA) & Jeanne Chamas (USA) - March 2021
音樂: Best Life - Spencer Ludwig



Easier options provided with in each section
Dance starts on lyrics 20 sec into song

Section 1: R Cross rock, R Back rock, R Cross step , L side toe point, L Cross rock, L Back Rock, L Cross step , R side toe point(SNAP R FINGER)

1& Step R over L , Recover on L
2& Step R back, Recover on L
3,4 Cross R over L, Point L toe to L side
5& Step L over R. Recover on R
6& Step L back, Recover on R
7,8 Cross L over R, point R toe to R side as you snap fingers

Section 1 Easy option:

1,2 Point R toe across and in front of L, Point R toe back to diagonal
3,4 Cross R over L point L toe to L side
5,6 Point L toe across and in front of R, Point L toe back to diagonal
7,8 Cross L over R, Point R toe to R side

Section 2: V step, 2 ¼ pivots with hip rolls

1,2,3,4 Step R forward slightly on diagonal, Step L forward slightly on diagonal, Step R back to center, Step L next to R
5,6, 7,8 Step R forward , make a ¼ turn L rolling hips counter clockwise recover on L, Step forward R, make a ¼ turn rolling hips counter clockwise recover on L

Section 3: R Rock recover,R ½ shuffle, step half pivot,L shuffle forward

1,2 Step R forward, Recover on L
3&4 ¼ step R to R side, step L next to R, ¼ turn step R forward
5,6 Step forward L, ½ turn R putting weight on R
7&8 Step Forward L, step R next to L, step forward L

Section 3 Easier option:

1,2 Step R forward, Recover on L
3&4 Step R back, Step L next to R, Step R Back
5,6 Step L back, Recover R
7&8 Step L forward, Step R next to L, Step L forward

Section 4: R and L Hip rolls, ¾ walk around with knee pops

1,2 Step R to R side as Roll hips L to R counterclockwise, weight to R
3,4 Step L to L side as Roll hips R to L clockwise, weight to L
5,6,7,8 Make ¼ turn R Stepping R forward as you pop L knee up, Make a ¼ turn stepping L forward as you pop R knee up, Make a ¼ turn stepping R forward as you pop L knee, Step forward L as you pop Knee up

Easy option 5,6,7,8: ¾ walk around

TAG 2 counts end of wall 8:

1,2 Step R to Right side as you snap to R side, recover L
(Styling slightly bend R knee and bump hip down as you rock to R side)

End of dance! Have fun with it! Add as much sass and fun you would like!

Any questions email - Michellelinedance@gmail.com or thisgirlloveslinedancing@gmail.com

