

Life Goes On

COPPERKNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - July 2021
音樂: Life Goes On (feat. Alex Hosking) - PS1 : (Spotify)



(32 counts intro)

[S1] Fwd Rock-1/2L, 1/2L Turning Shuffle-1/2L, Fwd Rock

1 2 3 Rock forward on R, Recover weight on L, Make a 1/2 turn left stepping forward on R (6:00)
4&5 Making a 1/2 turn left shuffle back on L-R-L (12:00)
6 7 8 Make a 1/2 turn left stepping forward on R, Rock forward on L, Recover weight on R (6:00)

[S2] Back, R Heel-&-Tap-&-Heel-&, L Heel-&-Tap-&-Heel-&, R Heel Grind 1/4R

1 2& Step back on L, Touch R heel forward, Step down on R
3&4& Tap L next to R, Step back on L, Touch R heel forward, Step R together
5&6& Touch L heel forward, Step down on L, Tap R next to L, Step back on R
7& Touch L heel forward, Step L together
8 1 Grind R heel making 1/4 turn right**, Stepping slightly back on L (9:00)

[S3] Back Rock-Fwd-Point, Cross Kick, Point-1/4L Quick Monterey, Step-Pivot 1/2L

2 3 Rock back on R, Recover weight on L
&4 Step forward on R, Point L to the side
5 6& Kick L across R, Point L to the side, Make a 1/4 turn left swiftly stepping L together (6:00)
7 8 Step forward on R, Make a 1/2 turn left recover weight on L (12:00)

[S4] Point, Cross Kick, Point-1/4R Monterey Turn, Step-Pivot 1/2R, Shuffle Fwd

1 2 Point R to the side, Kick R across L
3 4 Point R to the side, Make a 1/4 turn right stepping R together (3:00)
5 6 Step forward on L, Make a 1/2 turn right recover weight on R (9:00)
7&8 Shuffle forward on L-R-L

Restart on Wall 4 count 16 with step change** (9:00) - Section 2 on count 8, instead of heel grind 1/4R turn-Touch R heel forward (8), Drop R toe down/rock forward on R and restart (1)

Ending suggestion: The last wall starts at 6:00. Dance up to count 28, then Step-pivot 1/4R to the front and cross shuffle on L-R-L (12:00)

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
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