

Skate Your Life

COPPERKNOB
STEPPERS

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Arefen Ben Djunaed (INA) - August 2021
音樂: Skate - Bruno Mars, Anderson .Paak & Silk Sonic



Sequence: A - B - A - B (restart after 16 counts) - A - B - A - A - A - A

Start dance on lyric!

Part A

I Skate, Travelling Turn, Mambo, Back Lock Shuffle

1-2 Skate R forward - Skate L forward slightly diagonal (facing 10.30)
3-4 Turn ½ left stepping R back - Turn ½ left stepping L forward
5&6 Rock R forward - recover on L - Step R back
7&8 Step L back - Lock R over L - Step L back (10.30)

II Slide Turn, Lock Shuffle, Brush, Unwind

1-2 Turn 1/8 right (12.00) sliding R side - Turn ¼ right (3.00) sliding L side
3 Turn ½ right (9.00) stepping R forward
4&5 Step L forward - Lock R behind L - Step L forward
6-7-8 Brush R forward - Touch R over L - Turn 1/2 left (3.00)

III Kick Ball Touch, Sailor Turn

1&2 Kick R forward - Ball R in place - Touch L to side
3&4 Kick L forward - Ball L in place - Touch R to side
5&6 Kick R forward - Ball R in place - Touch L to side
7&8 Turn 1/2 left stepping L behind R - Ball R in place - Step L forward

IV Rock, Coaster Step, Pivot, Touch

1-2 Rock R forward - Recover on L
3&4 Step R back - Ball L beside R - Step R forward
5-6 Step L forward - Turn ½ right moving weight on R
7-8 Turn ¼ right stepping R side - Touch L beside R

Part B

I Grapevine, Touch, Hip Bump

1-2 Step R side - Cross L over
3-4 Step R side - Touch L in place
5-6 Up L Hip - Down L hip
7-8 Up L Hip - Down L hip

II Grapevine, Touch, Hip Bump

1-2 Step L side - Cross R over
3-4 Step L side - Touch R in place
5-6 Up R Hip - Down R hip
7-8 Up R Hip - Down R hip

III Grapevine, Touch, Hip Bump

1-2 Step R side - Cross L over
3-4 Step R side - Touch L in place
5-6 Up L Hip - Down L hip
7-8 Up L Hip - Down L hip

IV Travelling Turn, Stomp, Hand Styling, Body Wave

1-2 Turn $\frac{1}{4}$ left stepping L forward - Turn $\frac{1}{2}$ left stepping R back
3-4 Turn $\frac{1}{4}$ left stepping L side - Stomp R side
5-6 Push R elbow side - Turn R hand around head
7-8 Put R hand on your haunch - Wave your body

IG: linedancewithnawal

FB Group: Line Dance by Nawal

Email: linedancewithnawal@gmail.com

Last Update - 20 Sept. 2021
