

# Skate Your Life

COPPERKNOB  
STEPSHEETS

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

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**Last Update - 20 Sept. 2021**

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