

# More Time, More Life

COPPERKNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Silvia Schill (DE) - February 2022  
音樂: More - Sam Ryder



The dance begins after 8 beats with the vocals

## S1: Jazz box turn r 2x

1-2            RF cross over LF, step back with LF  
3-4            RF step to the right with  $\frac{1}{4}$  turn, step forward with LF (3 o'clock)  
5-6            RF cross over LF, step back with LF  
7-8            RF step to the right with  $\frac{1}{4}$  turn, step forward with LF (6 o'clock)

## S2: Rock step, back-heel, back-heel, coaster step, step turn r

1-2            Step forward with RF, lift LF slightly up and weight back on LF  
&3&4          Step back with RF, tap left heel in front, step back with LF and tap right heel in front  
5&6            Step back with RF, move LF next to RF and step forward with RF  
7-8            Step forward with LF,  $\frac{1}{4}$  turn right around on both balls and weight at the end on RF (9 o'clock)

## S3: Cross, hold, side, behind, hold, side, cross shuffle, point r/l

1-2            LF cross over RF and hold  
&3-4          Step to right with RF, cross LF behind RF and hold  
&5&6          Step to right with RF, cross LF over RF, small step with RF to right and cross LF over RF  
7&8&          Tap right toe to right, move right toe next to LF, tap left toe to left, move LF next to RF (weight at the end on LF)

**Restarts: In the 1st round (9 o'clock), in the 4th round (12 o'clock), in the 9th round (9 o'clock) stop here and start from the beginning**

## S4: Rocking chair, 2 x step turn l

1-2            Step forward with RF, lift LF slightly up and weight back on LF  
3-4            Step back with RF, lift LF slightly up and weight back on LF  
5-6            Step forward with RF,  $\frac{1}{4}$  turn left around on both balls and weight at the end on LF (6 o'clock)  
7-8            Step forward with RF,  $\frac{1}{4}$  turn left around on both balls and weight at the end on LF (3 o'clock)

Repeat to the end

And don't forget to smile, because dancing is fun!

There is no guarantee for errors in the translation, content, spelling, etc.!

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