

Life Goes On

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Intermediate
編舞者: Hiroko Carlsson (AUS) - March 2022
音樂: Life Goes On - Oliver Tree : (Spotify)



(Start dancing on lyrics/16 counts intro)

[S1] R Diagonal Fwd-Together, Heel Twist R, L Diagonal Fwd-Together, Heel Twist L, Quick Rumba Box-Toe Strut Back

- 1&2& Step diagonally forward on R, Step L together, Twist heels to the right, Return heels to the centre
3&4& Step diagonally forward on L, Step R together, Twist heels to the left, Return heels to the centre
5&6 Step R to the side, Step L next to R, Step forward on R
&7& Step L to the side, Step R next to L, Step back on L
8& Touch R toes back, Drop R heel

[S2] Back Rock-1/4R Side Toe Strut, Behind-Side-Cross Rock, Side Toe Strut, Cross Toe Strut, 1/4L-1/4L-Fwd Rock

- 1&2& Rock back on L, Replace weight on R, Make a 1/4 turns right touch L toes to the side, Drop L heel down (3:00)
3&4& Step R behind L, Step L to the side, Rock/across R over L, Replace weight on L
5&6& Touch R toes to the side, Drop R heel down, Touch/across L toes over R, Drop L heel down
7& Make a 1/4 turn left stepping back in R, Make a 1/4 turn left stepping forward on L (9:00)
8& Rock forward on R, Replace weight on L

[S3] Back-Scissor-Cross, 1/4L Back-Scissor-Cross, 1/4L Back-Scissor-Cross, Point Side-In-Monterey 1/4R

- 1&2& Step back on R, Step L to the side, Step R close to L, Cross L over R
3&4& Make a 1/4 turn left stepping back on R, Step L to the side, Step R close to L, Cross L over R (6:00)
5&6& Make a 1/4 turn left stepping back on R, Step L to the side, Step R close to L, Cross L over R (3:00)
7&8& Point R to the right, Touch R next to L, Point R to the right, Make a 1/4 Monterey turn right stepping R together (6:00)

[S4] Point Side-In-Side-Together, Modified Figure 8 (Side-Kick-Behind-1/4R-Step-Pivot 3/4R-Side-Kick-Behind-1/4L) -Step-Pivot 1/2L

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

#2 counts Tag at the end of Wall 5 (9:00) – Step-Pivot 1/2L-1/2L Hitch

- 1&2 Step forward on R (1), Make a 1/2 turn left recover weight on L (&), Make a 1/2 turn left on ball of L foot/hitching R knee (2)

Ending suggestion: The last wall (wall 6) starts facing 9:00. Dance up to S4 count 8 (omit the last & count, stay at 12:00 o'clock.)

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