

Party of a Lifetime

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Improver
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - November 2022
音樂: Party of a Lifetime - Pitbull & Play-N-Skillz



Start after 16 count Intro – approx. 8secs – Song: 2mins 38secs – bpm124
Music Available: Amazon - (please do not use the Birthday mix of the song)

[1-8] L side, R behind/L side/R cross, L side, R rock back/recover, R kick ball cross
1-2&3 Step L side, cross step R behind L, step L side, cross step R over L
4-6 Step L side, rock R back, recover weight on L
7&8 Kick R forward, step R back, cross step L over R

[9-16] R side, L together, R side, touch L together, L forward to L diagonal, touch R together, R back in place, touch L together

(Lean your body into counts 13-16 making it look funkier)

1-4 Step R side, step L together, step R side, touch L together
5-6 Leaning body forward step L forward to left diagonal, touch R together
7-8 Leaning body back step R back to place, touch L together

[17-24] L shuffle forward, ½ L, R shuffle back, ½ L, L shuffle forward, R forward rock/recover

1&2 Step L forward, step R together, step L forward
3&4 Turning ½ left step R back, step L together, step R back (6 o'clock)
5&6 Turning ½ left step L forward, step R together, step L forward (12 o'clock)

Non-turning option – 1-6: L shuffle forward, R shuffle forward, L shuffle forward

7-8 Rock R forward, recover weight on L

[25-32] Walk back R/L, R back, L apart, hold, R back, cross L over R, R back, ¼ L, L to L side, cross R over L

1-2 Step R back, step L back
&3-4 Step R back, step L apart, hold (weight on L)
&5-6 Step R back, cross step L over R, step R back
7-8 Turning ¼ left step L side (9 o'clock), cross step R over L

This is lots of fun. Enjoy!

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