

Life's A Dance

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Hiroko Carlsson (AUS)
音樂: Life's a Dance - John Michael Montgomery : (Spotify/Apple Music/Deezer)



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

(Dance starts on lyrics/16 counts intro)

[S1] Fwd, Flick, Back, Flick, Back Rock, Fwd, Touch

1 2 Step forward on L, Flick R to the side
3 4 Step back on R, Flick L to the side
5 6 Rock back on L, Replace weight on R
7 8 Step forward on L, Touch R next to L

[S2] Step-Pivot 1/4L, Fwd Rock-1/2R Fwd, Together, Fwd, Scuff

1 2 Step forward on R, Make a ¼ turn left recover weight on L (9:00)
3 4 Rock forward on R, Replace weight on L
5 6 Make a ½ turn right stepping forward on R (3:00), Step L together
7 8 Step forward on R, Scuff forward on L

Restart here on Wall 4 (12:00)

[S3] Step-Pivot 1/2R, Boogie Walk Fwd, Fwd Rock-

1 2 Step forward on L, Make a ½ turn right recover weight on R (9:00)
3 4 5 6 Boogie walk forward on L-R-L-R
7 8 Rock forward on L, Replace weight on R-

[S4] -1/4L, Hold, Boogie Walk Fwd, Step-Pivot 1/4L, Cross, Sweep

1 2 Make a ¼ turn left step L to the side (6:00), Hold
3 4 Boogie walk forward on R-L
5 6 Step forward on R, Make a ¼ turn left recover weight on L (3:00)
7 8 Cross R over L, Sweeping L around R

TAG: 2 counts Tag at the end of Wall 2 (6:00) and Wall 6 (6:00)

1 2 Cross/ touch L over R, Touch L to the side

Restart on Wall 4 count 16 (12:00)

Ending suggestion: The last wall starts facing 12:00. Dance up to Section 2 count 4 (9:00). Then, Making a ¼ turn right to 12:00 o'clock, L side shuffle on L-R-L.

(updated: 1/Feb/23)