

Life Is Amazing

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Martin Humphrey (UK) - May 2023
音樂: Life is Amazing - Michael Franti & Spearhead



Intro: 32 Counts

S1: R SIDE TOUCH, L SIDE TOUCH, R SIDE L TOGETHER R FORWARD, L SIDE TOUCH, R SIDE TOUCH, L SIDE R TOGETHER L FORWARD

1&2& Step right to right side, touch left next to right, step left to left side, touch right next to left (12.00)
3&4 Step right to right side, step left next to right, step forward on right (12.00)
5&6& Step left to left side, touch right next to left, step right to right side, touch left next to right (12.00)
7&8 step left to left side, step right next to left, step forward on left (12.00)

S2: R TOE HITCH BACK, L COASTER STEP, R CHARLSTON STEP, L COASTER STEP

1&2 Touch right toe forward, hitch right knee, step back on right (12.00)
3&4 Step back on left, step right next to left, step forward on left (12.00)
5&6 touch right toe forward, take right from front to back, step down on right (12.00)
7&8 Step back on left, step right next to left, step forward on left (12.00)

RESTART HERE ON WALL 3

S3: FORWARD R SLOW PIVOT ¼ L, R CROSS SHUFFLE, SWAY L SWAY R, L BEHIND SIDE CROSS

1 2 Step right forward, slow ¼ turn left (9.00)
3&4 Step right over left, step left next to right, step right over left (9.00)
5 6 Rock left to left side, recover on right (9.00)
7&8 step left behind right, step right to right side, cross left over right (9.00)

S4: R SIDE BACK ROCK, L SIDE BACK ROCK, R KICK OUT, OUT, TWIST L, R, L, R, HITCH R

1 2& Step right to right side, rock left behind right, recover on right (9.00)
3 4& Step left to left side, rock right behind left, recover on left (9.00)
5&6 Kick right forward, step out on right, step out on left (.00)
&7&8& Twist heels left, right, left, right, hitch right (9.00)

RESTART ON WALL 3 AFTER 16 COUNTS
