

It's My Life

COPPER KNOB
STYLEDANCE

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Dwi Astutiningsih (INA), Wiwik Katarina (INA) & Dian Rose (INA) - June 2023
音樂: It's My Life - Bon Jovi



#The dance start after 24 count
#The dance has 3 Tags & 4 Restarts

I. (SIDE ROCK – RECOVER – TOGETHER) R/L, SIDE ROCK, RECOVER, KICK BALL CROSS

1 2 & Step RF to side (1), Recover on LF (2), RF Next to LF (&
3 4 & Step LF to side (3), Recover on RF (4), LF next to RF (&
5 6&7 Step RF to side (5), Kick LF diagonally fwd (6), Step LF Next to RF(&), Step RF cross over LF (7)
8 Step LF to side (8)

II. ¼ R MODIFIED TRAVELING WEAVE, VAUNDEVILLE, CROSS

1 & 2 3 Step RF behind LF(1), 1/2 turn R step LF to side (&), R cross over R (2), Hold (3) facing 06.00
& 4 5 ¼ R step L to side facing 09.00 (&), R cross behind L (4), Hold (5) facing 09:00
& 6 & 7 1/8 Turn R step LF to side facing 10.30(&), step RF cross over LF(6), Step LF to side (&), RF Heel Touch(7)
& 8 Recover on RF (&), Cross L over R (8)

RESTART HERE AT WALL 3 FACING 06.00

III. 1/4 L(BACK – SWING TO BACK) R, L, R, COASTER STEP, FWD, ½ L HEEL BOUNCE

1 2 3 1/4 L Pressing RF ball back swinging L from front to back facing 7'30(1), Stepping on LF with swing your RF (2), Step RF Back with swing your LF (3)
4 & 5 Step LF Back (4), Step RF next to LF (&), Step LF fwd (5)
6 7 8 Step RF fwd (6), ¼ L Heel Bounce (7), ¼ L Heel bounce (8) facing 1:30

IV. SIDE POINT, HOLD, 1/8 R SIDE POINT, HOLD, SWITCH POINT TO SIDE, FLICK

1 2 & RF point to side (1), Hold (2), Step RF next to LF (&
3 4 Turn 1/8 L pointing LF to side (3), Hold (4) facing 03.00 O'Clock
& 5 & 6 Step LF Next to RF (&), Step RF point side (5), Step RF next to LF (&), Step LF point to side (&
& 7 8 Step LF Next to RF (&), step RF point to side (7), RF Flick

V. CROSS - 1/4R - COASTER STEP - FWD - 1/2 Turn L- 1/2 Turn L - SHUFFLE FORWARD

1 - 2 RF Cross Over LF (1), 1/4 R Step LF Back (2)
3 & 4 Step RF Back (3), Step LF next to RF (&), Step RF Fwd (4)
5 6 Step LF Fwd (5), 1/2 Turn L Step RF Back (6)
7 & 8 1/2 Turn L, Step L Fwd (7), Step R next to L (&), Step L Fwd (8)

TAG 1 HERE AT WALL 1

VI. SIDE ROCK - RECOVER - 1/4 TURN R SAILOR STEP - FWD - 1/2 TURN L - SHUFFLE BACK*

1 - 2 Rock R to Side (1), Recover on L (2)
3 & 4 1/4 R Step R Back (3), Step L Next to R (&), 1/4 Turn R Step R Fwd (4)
5 6 L Fwd (5), 1/2 Turn L Step R Back (6)
7 & 8 Step L Back (7), Step R Next to R (&), Step L Back (8)

RESTART HERE AT Wall 4 Turn 1/4 L and doing TAG 2 facing 06.00 O'Clock

RESTART HERE AT WALL 6 and doing TAG 3 Facing 12.00 O'Clock

VII. CROSS, BACK, BACK, CROSS, SIDE, 1/4 L HEEL SWITCHES, KNEE POP

- 1 2 & 3 Cross R Over L (1), diagonally to R step L back (2), Diagonally to R Step R back (&), Cross L Over R (3)
- 4 & 5 & R to side (4), 1/4 L step L to side (&), Touch R Heel Fwd (5), Step R Next to L (&)
- 6 & Touch L Heel Fwd (6), Step L Next to R (&)
- 7 & 8 Step RF Fwd (7), Both heels up bending your knees (&), Drop heels down (8)

VIII. OUT OUT - HOLD - SHOULDER R/L , LIFT RF FROM THE FLOOR - R CHASSE - MAMBO CROSS

- & 1 2 Step R out (&) Step L out (&), Hold (2)
- 3 4 Slide your shoulder R/L lift your RF from the floor
- 5 & 6 Step RF to side (5), Close L Next to R (&), Step RF to side (6)
- 7 & 8 L Cross Over R (7), Recover on R (&), Step LF to side (8)

TAG 1

- 1 2 & RF Touch Point To R (1), Hold (2), RF Next to
- 3 4 & LF touch Point to L (3), Hold (4), LF Next to RF (&)

TAG 2 STOMP R / L

- 1 2 3 4 RF Stomp (1), LF Stomp (2), HOLD (3 4)

TAG 3 (20 Count)

- 1 2 3 4 STOMP RF (1), STOMP LF (2), PUSH YOUR HAND to 12 O'Clock (3 4)
- 5 6 7 8 Raise your L hand straight up ,over your head (5), Raise your R hand straight ,up over your head(6),Cross your hand in front of your cest (7), Hold (8) Turn ½ Left

REPEAT THE STEP until 8 count

Hold for 4 Count and than restart the dance turn ¼ L Facing 12.00 O'clock

Enjoy the dance

Contact person

Sugengajah36@gmail.com

Suwiksuwik3@gmail.com

Dianrose_75@yahoo.com

Last Update: 31 Aug 2023
