

# Live It Up and Dance

**COPPER** KNOB  
STEPSHEETS

拍數: 32                      牆數: 4                      級數: Improver  
編舞者: Dawn Searer (USA) - July 2023  
音樂: Some Days You Gotta Dance - The Chicks



**Intro: 16 counts (quick beat 1&2& ct in from strong downbeat start of music) on word "five"**

## **S1: R/L STEP LOCK STEP BRUSH; 1/2 CHASE (R); VINE (L) TOUCH**

1&2&                      Step R fwd (1), lock L behind R (&), step R fwd (2), brush L (&)  
3&4&                      Step L fwd (3), lock R behind L (&), step L fwd (4), brush R (&)  
5&6                      Step R fwd (5), 1/2 pivot to left (L) (&), step R fwd (6) (6:00)  
7&8&                      Step L to side (7), step R behind L (&), step L to side (8), touch R next to L (&)

## **S2: R/L HEEL JACKS (modified); 1/4 JAZZ (R) w/TOE STRUTS & 4 SNAPS\*\***

1&2&                      Step R to side (1), step L behind R (&), step R to side (2), diagonal L heel (&)  
3&4&                      Step L back (3), cross R over L (&), step L to side (4), diagonal R heel (&)  
5&6&                      Cross R over L toe/heel strut (5&), step L back toe/heel strut (6&), w/snaps on "&" cts  
7&8&                      1/4 R toe/heel strut to right (7&) (9:00), step L next to R toe/heel strut (8&) (9:00), w/snaps on "&" cts

**\*\*TAG (2 ct) Wall 5 after 16 cts (facing 3:00): R heel(1), R heel(&), R stomp(2), L stomp(&)/RESTART**

## **S3: R/L PONY BACK (modified); TOUCH R behind 1/2 UNWIND (R); BOOGIE STOMPS (LRL)**

1&2&                      Step R behind L (1), cross L over R (&), step R behind L (2), Sweep L (front to back) (&)  
3&4&                      Step L behind R (3), cross R over L (&), step L behind R (4) Sweep R (front to back) (&)  
5 6                      Touch R behind L w/knees slightly bent (5), 1/2 unwind sharply to right (wt. on R) (6) (3:00)  
7&8                      Boogie stomps (w/knees slightly bent, come up moving fwd) stomp (L) (7), stomp (R) (&), stomp (L) (8)

## **S4: R/L MAMBOS\*; 2 STOMPS (R/L); 2-1/4 HIP ROLLS (R); 2 STOMPS (R/L)**

1&2                      Rock R to side (1), recover L (&), step R next to L (2)  
3&4                      Rock L to side (3), recover R (&), step L next to R (4) \*RESTART - Wall 2 (facing 12:00)  
5&                      Stomp (R) (5), stomp (L) (&) (Walls 1 & 3 facing 3:00 - stomps hit beat of 2 guitar strums)  
6&                      Step fwd (R) (6), 1/4 to left w/counter clockwise hip roll (L) (&) (quick roll pivoting on L) (12:00)  
7&                      Step fwd (R) (7), 1/4 to left w/counter clockwise hip roll (L) (&) (quick roll pivoting on L) (9:00)  
8&                      Stomp (R) (8), stomp (L) (&) Start again!

**\*RESTART: Wall 2 (starts @ 9:00); after 28 cts RESTART @ 12:00**

**\*\*TAG / RESTART: Wall 5 (starts @ 6:00); after 16 cts do 2 ct (1&2&) Tag @ 3:00 then RESTART**

**TAG: 2 ct TAG: R heel fwd (1), R heel fwd (&), R stomp (2), L stomp (&) (stomps hit beat of 2 guitar strums)**

**Ending: Wall 7 (starts @ 12:00) Dance S1 through 8& (6:00), then add following steps to finish at 12:00  
Step fwd (R) (1), 1/2 pivot left (L) (&) (12:00), stomp (R) (2), stomp (L) (&)**

**(The 1/2 pivot occurs during a silent part with the 2 stomps hitting on the final 2 guitar strums)**

**\*\*\*R/L denotes foot\*\*\***

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youtube name is Boot Stompin' Fun!

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