

Life Is Life

COPPERKNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: Improver/Easy Intermediate
編舞者: Mimitha Kaeru (INA) & Roosamekto Mamek (INA) - December 2023
音樂: Life Is Life (C'est la vie) - Willy William



Intro: 32 Count (approximately 00:21)

S1. SAMBA CROSS, CROSS SHUFFLE, SAMBA WHISK R & L

1&2 Cross R over L – Rock L to side – Recover on R (12:00)
3&4 Cross L over R – Step R to side – Cross L over R
5a6 Step R to side – Rock L back – Recover on R
7a8 Step L to side – Rock R back – Recover on L

S2. R SIDE MAMBO, L SIDE MAMBO, FORWARD MAMBO, BACK MAMBO

1&2 Rock R to side – Recover on L – Step R together (12:00)
3&4 Rock L to side – Recover on R – Step L together
5&6 Rock R forward – Recover on L – Step R back
7&8 Rock L back – Recover on R – Step L forward

S3. FORWARD, TAP, BACK, SWEEP, BEHIND, SIDE, CROSS, CONTINUOUS CROSS SHUFFLE TURN 3/4 LEFT

1&2& Step R forward – Tap L behind R – Step L back – Sweep R back
3&4 Cross R behind L – Step L to side – Cross R over L (12:00)
5&6& Turn 1/4 left cross L over R (9:00) – Step R to side – Turn 1/4 left cross L over R (6:00) –
Step R to side
7&8 Turn 1/8 left cross L over R (4:30) – Step R to side – Turn 1/8 left cross L over R (3:00)

S4. SYNCOPATED HALF BOX FORWARD, STATIONARY SAMBA (WALK)

1&2 Step R to side – Step L together – Step R forward (3:00)
3&4 Step L to side – Step R together – Step L forward
5a6 Step R together – Rock L back – Recover on R
7a8 Step L together – Rock R back – Recover on L (3:00)

REPEAT

For more info about step sheet & song, please contact:

Mitha : mithaprazelia08296@gmail.com

Mamek : Roosamekto.Nugroho@gmail.com