

Lush Life

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4
編舞者: MissEL (INA) - May 2024
音樂: Lush Life - Zara Larsson

級數: Improver



Intro : 16 Counts

Tag : 16 Counts (at the end Wall 7)

*S1# HALF RUMBA BOX FORWARD - FORWARD MAMBO - COASTER STEP

1 & 2 (1) Step R to side, (&) Close L together, (2) Step R forward
3 & 4 (3) Step L to side, (&) Close R together, (4) Step L forward
5 & 6 (5) Step R forward, (&) Step L in place, (6) Close R together
7 & 8 (7) Step L backward, (&) Close R together, (8) Step L forward

*S2# PIVOT 1/4 TURN LEFT - FLICK R - CROSS SHUFFLE - SIDE ROCK - BEHIND - SIDE - CROSS

1 - 2 (1) Step R forward, (2) 1/4 turn left with quick kick R backward (09.00)
3 & 4 (3) Cross R over L, (&) Step L to side, (4) Cross R over L
5 - 6 (5) Step L to side, (6) Recover on R
7 & 8 (7) Cross L behind R, (&) Step R to side, (8) Cross L over R

*S3# SAMBA WHISK R L - 1/2 TURN LEFT PIVOT - 1/2 TURN LEFT BACK LOCK SHUFFLE

1 a 2 (1) Step R to side, (a) Ball L behind R, (2) Step R in place
3 a 4 (3) Step L to side, (a) Ball R behind L, (4) Step L in place
5 - 6 (5) Step R forward, (6) 1/2 turn left Recover on L (03.00)
7 & 8 (7) 1/2 turn left step R backward (9.00), (&) Cross L over R, (8) Step R backward

*S4# SAILOR STEP L R - 1/2 JAZZBOX - SLIDE - DRAG - CLOSE

1 & 2 (1) Cross L behind R, (&) Step R to side, (2) Step L in place
3 & 4 (3) Cross R behind L, (&) Step L to side, (4) Step R in place
5 - 6 (5) Cross L over R, (6) Step R backward
7 - 8 (7) Slide L to side, (8) Drag L close R

TAG : at the end Wall 7 (03.00) : 16 Counts

*TS1# V STEP (2X)

1 - 2 (1) Step R diagonal forward to right, (2) Step L diagonal forward to left
3 - 4 (3) Step R back to center, (4) Close L together
5 - 6 (5) Step R diagonal forward to right, (6) Step L diagonal forward to left
7 - 8 (7) Step R back to center, (8) Close L together

*TS2# 1/2 TURN LEFT PIVOT 2X- BODY WAVE

1 - 2 (1) Step R forward, (2) 1/2 turn left Recover (09.00)
3 - 4 (3) Step R forward, (4) 1/2 turn left Recover (03.00)
5 Step R close to beside L
6 - 7 - 8 Move body like waves from head - shoulder - chest - stomach - hip - sit

Happy Dancing...

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