

# Life With U

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 2      級數: High Improver - NC  
編舞者: Sandra Lumbaraja (INA) - May 2024  
音樂: life with u - lullaboy



Dance starts at 20 counts approx 20 seconds

Restart at wall 2 and 6 after 8c

Restart at wall 4 after 16c with step change

## SECTION 1: PRISSY WALK (RLR) – STEP – TOUCH – STEP BACK WITH SWEEP (RLR) – CLOSE

1 – 3            RF cross over LF, LF cross over RF, RF cross over LF  
4&5            LF step forward, RF touch behind LF, RF step back sweeping LF from front to back  
6 – 8            LF step back sweeping RF from front to back, RF step back sweeping LF from front to back,  
                    LF close beside RF

Restart here at wall 2 and 6 (changing weight to LF)

## SECTION 2: BASIC NC (LR) – PIVOT ½R TURN - ¼ R TURN – CROSS BEHIND - ¼ L TURN – PIVOT ¼L TURN

1-2&            LF step to L, RF step slightly behind LF, LF cross over RF  
3-4&            RF step to R, LF step slightly behind RF, RF cross over LF  
5-6&            LF step forward, turn ½ R weight on R (06.00), ¼ turn R stepping LF to L (09.00)  
7&                RF cross behind LF, ¼ L turn stepping LF forward (06.00)  
8&                RF step forward, turn ¼ L weight on L (03.00)

Restart here at wall 4 changing count 8& with

8                RF touch beside LF (exclude count &)

## SECTION 3: HOLD – FULL TURN WITH SWEEP – CROSS OVER – STEP – BACK WITH SWEEP – CROSS BEHIND- STEP – FORWARD – PIVOT ½ R TURN – FORWARD

1                Hold with angling body to L,  
2&3            Turn ¼R stepping RF forward, turn ½R stepping LF back, turn ¼ R stepping RF forward with  
                    LF sweeping from back to front  
4&5            LF cross over RF, RF step to R, LF step back with RF sweeping from front to back  
6&7&            RF cross behind LF, LF step to L, RF step forward, LF step forward,  
8&                Turn ½R weight on RF (09.00), LF step forward

## SECTION 4: FORWARD ROCK WITH PRESS – BACK – BACK - BACK ROCK – FORWARD – FORWARD WITH SWEEP - ¼ DIAMOND – CLOSE

1-2&            RF step forward with press, LF recover, RF step back  
3-4&            LF step back, RF recover, LF step forward  
5 – 6&            RF step forward with LF sweeping from back to front, LF cross over RF, ½ turn L stepping RF  
                    back  
7-8&            LF step back, ½ turn L stepping RF back, LF close beside RF (06.00)

ENJOY THE DANCE♥□

Last Update: 30 May 2024