

Life Keeps Happening

COPPERKNOB
STYLESHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jason Aban (USA) & Darran Casey (USA) - June 2024
音樂: Either Way - Anthony Ramos



Notes: 1 Tag after Wall 8 | No Restarts

[1-8] Cross-Side, 1/8 L Close, 2x Knee Pops, 1/2 Glide Turn, Out-Out, Knee Twist

- &1-2 Cross LF over RF (&), Step RF right dragging LF to close (1), 1/8 L Stepping LF next to RF (2) 10:30
- &3&4 Lift both Heels (&), Drop both Heels (3), Lift both Heels (&), Drop both Heels (4) 10:30
- 5-6 Push ball of RF into floor sliding LF back (5), making 1/2 turn LF transfer weight to LF (6) 4:30
- &7-8& Step RF slightly right (&), Step LF slightly left (7), Press ball of RF into floor popping R knee into diagonal (8), Shift weight onto LF Turning R knee back to center (&) 4:30

[9-16] 1/8 R Side with Sweep, Cross, 1/8 L Back, Back, Close w/Knee Pop, 1/8 L Side-Touch, 1/4 L Side-Touch, 1/2 L Triple Step

- 1-2 Step R on RF Turning 1/8 R while Sweeping LF back to front (1), Step LF across RF (2) 6:00
- &3-4 1/8 Turn L Stepping back on RF (&), Step LF back (3), Step RF next to LF with L knee pop (4) 4:30
- 5&6& 1/8 Turn L Stepping left on LF (5), Touch RF next to LF (&), 1/4 Turn L Stepping RF right (6), Touch LF next to RF (&) 12:00
- 7&8 1/4 Turn L Stepping LF left (7), Step RF next to LF (&), 1/4 Turn L Stepping LF fwd (8) 6:00

[17-24] Ball-Heel Grind, Back-Ball-Cross, Side, Ball-Side with Dip, Press, Side-Recover with Flick, Cross

- &1-2 Step RF next to LF (&), Plant L heel fwd (1), 1/4 turn left with L toes turning left Stepping back on RF (2) 3:00
- &3-4 Step LF next to RF (&), Cross RF over LF (3), Step LF left (4) 3:00
- &5-6 Step RF next to LF (&), Step LF left as upper body drops (5), Put weight onto LF as upper body straightens up (6) 3:00
- &7-8 Shift upper body over RF (&), Shift upper body over LF and flick RF (7), Cross RF over LF (8) 3:00

[25-32] 1/4 L Scuff-Press, Recover, Ball-Touch, Hold, 2x Step back, 1/4 Shuffle R

- &1-2 1/4 Turn L Scuffing LF next to RF (&), Press fwd on LF (1), Recover back onto RF (2) 12:00
- &3-4 Step LF next to RF (&), Touch RF fwd (3), Hold (4) 12:00
- 5-6 Step RF back (5), Step LF back (6) [Add shoulder drops for styling] 12:00
- 7&8 1/4 Turn R stepping RF right (7), Step LF next to RF (&), Step RF right (8) 3:00

Tag Heel Touch, Hold, Rock-Hitch into Sidestep (omit initial ball-step when restarting)

- &1-2-3 Step LF next to RF (&), Step R Heel right (1), Hold (2-3) 12:00
- 4& Rock left onto LF (4), Shift upper body over LF while Hitching RF (&) 12:00

Last Update: 6 Jun 2024