

This Is the Life

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Hayley Wheatley (UK) - August 2024
音樂: This Is the Life (The Sunnefield Remix) - Micky



Restart: on wall 4 after 16 Counts

Intro : 32 counts

[1-8] CROSS R, SIDE ROCK, CROSS SHUFFLE, SIDE ROCK AND CROSS, SIDE BEHIND ¼ TURN

1&2& Cross RF over L (1), Recover on L (&), Rock RF to R side (2), Recover on R (&)
3&4 Cross RF over L (3), Step LF to L side (&), Cross RF over L (4)
5&6 Rock LF to L side (5), Recover on RF (&), Cross LF over R (6)
&78 Step RF to R side (&), Step LF behind RF (7), ¼ turn R, step RF fwd (8) 03:00

[9-16] CHASE ½ TURN, REVERSE ½ TURN, BACK L, R BACK LOCK STEP, MAMBO STEP

1&2 Step LF fwd (1), Pivot ½ turn R, step RF fwd (&), Step LF fwd (2) 09:00
34 ½ turn L stepping RF back (3), Step LF back (4) 03:00
5&6 Step RF back (5), Lock LF over RF (&), Step RF back (6)
7&8 Rock LF back (7), Recover on R (&) Step fwd on LF (8)

* Restart here on wall 4 (Facing 6:00)

[17-24] STEP FWD, POINT, LOCK ½ TURN, BALL STEP FWD, POINT, LOCK ½ TURN

12 Step RF fwd (1), Point LF to L side (2)
3&4 ¼ turn L, stepping LF fwd (3), Lock step RF behind LF (&), ¼ turn L, stepping LF fwd (4)
09:00
&56 Close RF beside LF (&), Step fwd on LF (5), Point RF to R side (6),
7&8 ¼ turn R, stepping RF fwd (&), Lock step LF behind RF (8), ¼ turn R, stepping RF fwd (&)
03:00

[25-32] CROSS L, SIDE R, SAILOR STEP L, CROSS SIDE BEHIND SIDE UNWIND ½ TURN

12 Cross LF over R (1), Step RF to R side (2)
3&4 Cross LF behind RF (3), Step RF to R side (&), Step LF to L Side (4)
5&6&7 Cross RF over LF (5), Step LF to L side (&), Cross RF behind LF (6), Step LF to L side (&),
Cross RF over LF (7)
8 Unwind ½ turn L (8) 09:00

Ending : On the last wall, replace count 32 (Unwind ½ turn) with an unwind ¾ turn to finish facing the front.

Happy Dancing !!