

Best Life

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 2 級數: Low Intermediate
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音樂: Best Life - Spencer Ludwig



Dance starts with vocals

Set 1 Cross, Step Side, Sailor Step Cross, Step Side, Sailor ¼ Turn

- 1-2 Cross R over L , step L to L side
3&4 As you face slight angle to R sweep R behind L, step down on L, step R to R side
5-6 Cross L over R, step R to R side as you start to turn to L
7&8 Turn ½ L and sweep L behind R, step down on R, step down on L (facing 9 o'clock wall)

Set 2 Kick Ball Cross (Traveling forward), Kick Ball Cross; Step ¼ Turn, Step ¼ Turn

- 1&2 Kick R forward, step down on R as you slightly move forward, cross L over R as you turn your body ¼ L and bend your knees (weight on L)
3&4 As you straighten up and square off to face your side wall, kick R forward, step down on R as you slightly move forward on R, cross L over R as you turn your body ¼ L bending your knees (weight on L)
5-8 Straighten up to your side wall and step forward on R, pivot turn ¼ L, step forward on R, pivot ¼ turn L (now facing opposite side wall)

Set 3 Hip/Knee Rolls Forward , "Funky Walk" Forward; Side Slide, Touch, ¼ Turn Slide, Touch (with Arms)

- 1-2 Slightly bend down and roll your R knee and hip to the R as you step down and move forward, repeat this to the L by slightly bending down and rolling your L knee and hip to the L as you step down and move forward
3&4 Walk forward doing the same knee and hip rolls R, L, R
5-8 Step slide to L side, touch R next to L (weight on L), turn ¼ R as you slide to R side, touch L next to R (weight on R)

Arms during slides: as you slide to the side, push your arms out to the sides from the middle of your body out to the sides about waist level high, bring your arms in as you touch

Set 4 Hip Bumps With Shoulders Moving Left, Hip Bumps With Shoulders Moving Right; Kick Bend Down Out-Out, Roll

1&2& Bump your hips to the L as you move your shoulders and arms up and down

- 3&4& Bump your hips to the R as you move your shoulders and arms up and down (weight ending on your R)
5&6 Kick L forward as you push your arms forward, step down on L as you step out to L side and bend down, step out to the R on R as you bend down (hands on your thighs)
7-8 Roll your body clockwise, going from L to R, from down to up as you straighten up and end your weight on your L as you lean to your L to immediately start the dance again by crossing R over L

One time Tag will occur here after the 8th' repetition of the dance to the front wall:

You'll hear the words: "GO AHEAD LIVE YOUR BEST LIFE!"

Cross arms over chest with hands on shoulders, uncross arms touching hands on shoulders, slap thighs with hands; Restart !

Ending: You will be at the back wall; finish dancing Counts 1&2&3&4& of Set 4, then do the following:

- 5&6 Kick L forward, step down on L , step forward on R
7-8 Steo forward on right foot, turn ½ turn L to face the front as you lean back on R with weight on R and cross your arms and hold for your final pose!

