

A Life I Can Live By

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Amanda Bowden (AUS), Shirlene Mccloud (AUS) & Gordon Elliott (AUS) -
October 2024
音樂: A Life I Can Live By - Monarch Cast, Anna Friel & Trace Adkins : (Album::
Monarch)



INTRO : 16 Beats

SIDE, BACK-ROCK-SIDE-TOUCH-OUT-IN-SIDE, BEHIND-1/4 FORWARD-FORWARD-TOGETHER-BACK-TOGETHER-

1, 2 & Step R To The Side, Step L Behind Right, Rock Onto R,
3 & Step L To The Side, Touch R Together,
4 & Touch R To R Side, Touch R Together,
5 Big Step R To The Side Drag L Towards Right,
6 & Step L Behind Right, Turn 90° Right Step R Forward, (3.00)
7 & 8 & Step L Forward, Step R Together, Step L Back, Step R Together

PIVOT TURN, FORWARD-QUICK ROLL, PADDLE TURN, QUICK JAZZ BOX CROSS

1, 2 Pivot : Step L Forward, Turn 180° Right Take Weight Onto R, (9.00)
3 Step L Forward,
& 4 Turn 180° Left Step R Back, Turn 180° Left Step L Forward, (9.00)
5, 6 Paddle : Step R Forward, Turn 90° Left Take Weight Onto L, (6.00)
7 & Jazz Box : Step R Across In Front Of Left, Step L Back,
8 ^^ & ## Step R To The Side, Step L Across In Front Of Right. (6.00)

SIDE, TOGETHER, SHUFFLE ACROSS, SIDE, ROCK, 3/4 SAILOR CROSS

1, 2 Large Step R To R Side, Drag L To Step Together Popping Right Knee,
3 & 4 Shuffle Right Across In Front Of Left Step : R-L-R,
5, 6 Step L To The Side, Side Rock Onto R,
7 & 3 1/4 Sailor Step : Step L Behind R, Turn 90° Left Step R Across,
8 Turn 180° Left Step L Across In Front Of Right. (9.00)

SIDE, ROCK & SIDE, ROCK & PIVOT TURN, FORWARD, FORWARD

1, 2 & Step R To The Side, Side Rock Onto L, Step R Together,
3, 4 & Step L To The Side, Side Rock Onto R, Step L Together,
5, 6 Pivot : Step R Forward, Turn 180° Left Take Weight Onto L,
7, 8 Step R Forward, Step L Forward. (3.00)

[32] REPEAT THE DANCE IN NEW DIRECTION

RESTARTS : On WALL 3, WALL 4 & WALL 7 dance to BEAT 16 (##) & RESTART facing 12.00, 6.00 & 6.00 respectively.

ENDING : On WALL 9 dance to BEAT 16 (^^) ADD the following

& Step L Forward,
1, 2, 3, 4 Turn 90° Right Step R, Hold, Hold, Hold.