

My Life In a Dance

COPPER KNOB
STEPPERS

拍數: 72 牆數: 4 級數: Intermediate
編舞者: V. Allen L. Isidro (USA) - October 2024
音樂: One Hell of a Life - Tom Jones



start on vocals about 60-secs intro

Note: Dedicated to Demo Team Member Marsha Mayer on her Big Day.

Set A Diagonal touch steps, syncopated right heel, left heel, side right, side left

1-2-3-4 Diagonal R-touch together L-diagonal L-touch together R
5&6&7&8& R heel-together-L heel-together-side R-together-side L-together

Set B Rock forward right, recover, coaster shuffle, rock forward left, recover, coaster shuffle

1-2-3&4 Rock forward R-recover L-shuffle R-L-R
5-6-7&8 Rock forward L-recover R-shuffle L-R-L

Set C Heel jack right, heel jack left

1-2&3&4 Side R-behind L-recover R-side L-behind L-cross R
5-6&7&8 Side L-behind R-recover L-side R-behind R-cross L

Set D Skate shuffle right, skate shuffle left

1-2-3&4 Skate R-skate L-diagonal shuffle R-L-R
5-6-7&8 Skate L-skate R-diagonal shuffle L-R-L

Set E Body roll left & right, ¼ turning jazz box touching on 8

1-2&3-4& Cross R-recover L-together R-cross L-recover R-together L
5-6-7-8 Cross R-side L- ¼ turn side R-together touch L (3:00)

Set F Side, behind, recover, side chasse, walk around left-right-left

1-2-3-4&5 Side L-behind R-recover L-side shuffle R-L-R
6-7-8 ¼ turning forward L- ½ turn forward R- ¼ turning together L

Set G Cumbia right, cumbia left, forward shuffle, chase turn

1&2-3&4 Behind R-recover L-side R, behind L-recover R-side L
5&6-7&8 Forward R-together L-forward R, forward L-1/2 turn R-forward L (9:00)

Set H Dorothy or wizard steps right, left (2x)

1-2&3-4& Diagonal R-behind L-recover R-diagonal L-behind R-recover L
5-6&7-8& Diagonal R-behind L-recover R-diagonal L-behind R-recover L

Set I Cross touch, together, cross touch, together, ½ pivot, ½ pivot

1-2-3-4 Cross touch R-together R-cross touch L-together L
5-6-7-8 Forward R- ½ turning L-forward R-1/2 turning L

START ALL OVER ON NEW WALL

Note: This dance will end on wall #5 facing 12:00 fading after steps 1-40 no turn jazz box.

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