

Long as I Live

COPPER KNOB
BY STEPSHEETS

拍數: 36 牆數: 2 級數: High Improver
編舞者: Tina Jackson (USA) - December 2024
音樂: Long As I Live - Toni Braxton



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

PART A

TRIPLE STEPS, ROCK, RECOVER (TIC) BEGIN AT 12:00

1&2 3&4 Right forward triple step, rock upon left, recover on right (tic* step optional)
5&6 7&8 Back on left triple step, rock back on right, recover on left (front tic step optional)

To do a tic step, tap the opposite foot from what you are standing on quickly behind the standing foot. Instead of tapping you can also just raise it quickly. In the above example, 1&2 are the forward triple step, and 3& are the left rock and the tic step.

REPEAT STEPS 1-8 ABOVE

LEFT SIDE CHA CHA STEPS, ROCK BACK, RIGHT SIDE CHA CHA STEPS, ROCK BACK

1&2 3 4
5&6 7 8

REPEAT SIDE CHA CHA STEPS 1-8 ABOVE

ROCK FORWARD HALF TURN LEFT, BACK DIPPING STEPS END AT 6:00

1 2 3 4 Rock forward on right, place left foot behind right, make half left turn pivoting on right
5&6 7&8 Step back on right dipping for 2 counts, step back on left dipping for 2 counts
9&10 11&12 Step back on right dipping, step back on left dipping

REPEAT ENTIRE DANCE STARTING AT 6:00 ENDING AT 12:00

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PART B

STEP TO RIGHT, SWING HIPS AND RAISE ARMS RIGHT LEFT AS DOUBLES, THEN SINGLES, QUARTER TURN LEFT

1 2 3 4 Step right foot out to side raising right arm up 2 counts, swing hips left raising left arm up
5 6 Swing right raise right arm up 1 count, swing left raising left arm up
7 8 Repeat steps 5 and 6 above ending making quarter turn left to face 9:00

REPEAT STEPS 1-8 ABOVE BEGINNING AT 9:00 ENDING AT 6:00

REPEAT STEPS 1-8 ABOVE BEGINNING AT 6:00 ENDING AT 3:00

REPEAT STEPS 1-8 ABOVE BEGINNING AT 3:00 ENDING AT 12:00

REPEAT PART A UNTIL MUSIC ENDS