

Life Goes On

COPPER KNOB
STEPPERS

拍數: 52 牆數: 2 級數: Intermediate
編舞者: Gloria Johnson (USA)
音樂: Land of the Living - Pam Tillis



TOE-HEEL TOUCHES; IN-IN, HOLD; OUT-OUT, HOLD

- 1-2 Touch right toe beside left in-step; touch right heel beside left in-step
- 3-4 Touch right toe beside left in-step; touch right heel beside left in-step
- &5-6 Step right foot in toward left foot; step left foot in toward right foot; hold
- &7-8 Step right foot out to right side; step left foot out to left side; hold.

KNEE POPS; TURNING SHUFFLES

- 9-10 Raise both heels causing knees to bend; lower heels to floor
- 11-12 Raise both heels causing knees to bend; lower heels to floor
- 13&14 Shuffle right-left-right turning $\frac{1}{4}$ right
- 15&16 Shuffle left-right-left turning $\frac{1}{2}$ right (steps 13-16 equal a $\frac{3}{4}$ turn).

Put some attitude into the "knee-pop" movement by bending and raising arms and pulling them towards to body when heels are lowered or if this is not comfortable, snap fingers on both hands as heels are lowered.

KICK, KICK, STOMP, STOMP; TURNING SHUFFLES

- 17-18 Kick right foot forward twice
- 19-20 Stomp right; stomp left
- 21&22 Shuffle right-left-right turning $\frac{1}{4}$ right
- 23&24 Shuffle left-right-left turning $\frac{1}{2}$ right (steps 21-24 equal a $\frac{3}{4}$ turn).

KICK, KICK, STOMP, STOMP; RIGHT SCUFFS FORWARD, STOMP

- 25-26 Kick right foot forward twice
- 27-28 Stomp right; stomp left
- 29-30 Scuff right foot forward; scuff right foot back across left leg (hook)
- 31-32 Scuff right foot forward; stomp right beside left.

LEFT SCUFF; TURNING SHUFFLE; ROCK STEP

- 33-34 Scuff left foot forward; scuff left foot back across right leg (hook)
- 35-36 Scuff left foot forward; scuff left back beside right
- 37&38 Turning $\frac{1}{4}$ left, shuffle left-right-left
- 39-40 Rock-step forward on right; step back on left

TURNING SHUFFLE; ROCK STEP; KICK-BALL-STEP; KICK-BALL-STEP

- 41&42 Turning $\frac{1}{4}$ right, shuffle right-left-right
- 43-44 Rock-step forward on left; step back on right
- 45&46 Kick left foot forward; step left foot slightly left; step right foot slightly left
- 47&48 Kick left foot forward; step left foot slightly left; step right foot slightly left.

Dancers should travel slightly left in steps 45-48.

SIDE TOUCHES; CROSS-STEPS; ROCK STEP

- 49-50 Touch left toe to left side; cross-step left over right
- 51-52 Touch right toe to right side; cross-step right behind left
- 53-54 Touch left toe to left side; cross-step left behind right
- 55-56 Rock step back on right; step forward onto left.

REPEAT

