

Life Goes On

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Double D (UK)
音樂: Life Goes On - LeAnn Rimes



RIGHT TOGETHER, RIGHT CHASSE, MAMBO CROSS ROCK TWICE

1-2 Step right to right side, step left beside right
3&4 Step right to right side close left beside right step right to right side
5& Cross rock left over right recover weight right
6& Rock out left to left side recover weight right
7& Cross rock left over right, recover weight right
8 Rock out left to left side, recover weight right

CROSS UNWIND $\frac{3}{4}$, LEFT SHUFFLE, ROCK FORWARD AND BACK, STEP BACK TOUCH

1-2 Cross right over left, unwind $\frac{3}{4}$ turn over left shoulder on balls of feet weight ends on right foot
3&4 Step forward on left foot close right foot behind step forward on left foot
5&6 Rock forward on right foot recover weight left, step right together
7-8 Step back on left foot cross right foot in front of left

RIGHT SHUFFLE ROCK $\frac{1}{4}$ TURN CROSS HOLD AND CROSS STEP $\frac{1}{4}$ TURN LEFT COASTER STEP

1&2 Step forward on right foot close left behind right step forward on right foot
3&4 Rock forward on left foot recover weight left making a quarter right cross left over right
&5 Step right to right cross left over right
6 Step right to right making $\frac{1}{4}$ turn left
7&8 Step back left step back right step forward left

ROCK $\frac{1}{4}$ TURN RIGHT ROCK $\frac{1}{4}$ TURN LEFT RIGHT LOCK LEFT LOCK

1&2 Rock forward right recover weight left step right to right making $\frac{1}{4}$ turn right
3&4 Rock forward left recover weight right step left to left making $\frac{1}{4}$ turn left
5-6& Step forward diagonally right close left behind right step forward diagonally right
7-8& Step forward diagonally left close right behind left step forward diagonally left

REPEAT

RESTART

On the 3rd sequence of the dance, dance to end of section 2 (step back left cross right in front) and restart dance.