

Life Goes On

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Nicola Wakefield (UK)
音樂: Life Goes On - LeAnn Rimes



WALK BACK, BACK, COASTER STEP, CROSS POINT, HOLD, TOUCH, POINT

1-2 Walk back stepping right, left
3&4 Step right back, close left to right, step right forward
5-6 Cross left over right, point right to right side
7&8 Hold, touch right toe to left foot, point right toe to right side

KICK STEP STEP, SWAY, SWAY, RIGHT SAILOR STEP, LEFT SAILOR STEP

1&2 Kick right foot to right diagonal, step right in place, step left in place
3-4 Sway hips left, right
5&6 Step right behind left, step left to left, step right to right
7&8 Step left behind right, step right to ride, step left to left

CROSS SHUFFLE, HINGE TURN, CROSS ROCK, CHASSE

1&2 Cross step right over left, step left to left side, cross step right over left
3-4 Turn $\frac{1}{4}$ right stepping back on left, turn $\frac{1}{4}$ right stepping right to right side
5-6 Cross left over right, recover onto right
7&8 Step left to left side, close right to left, step left to left side

CROSS UNWIND $\frac{1}{2}$, STEP $\frac{1}{4}$, JAZZ BOX, CROSS SHUFFLE

1-2 Cross right over left, unwind $\frac{1}{2}$ turn to left
3&4 Step right forward, step left back making a $\frac{1}{4}$ turn right, step right to right side
5&6 Cross left over right, step back on right, step left back to left side
7&8 Cross step right over left, step left to left side, cross step right over left

POINT, POINT AND HEEL, STEP TURN, SHUFFLE FORWARD

1-2 Point left toe to left side, point left toe forward
&3&4 Step left beside right, drop right heel forward, close right foot to left, step forward on left
5-6 Step back on right making $\frac{1}{4}$ turn left, touch left to left side
7&8 Step forward on left, close right beside left, step forward on left

PIVOT TURN, SHUFFLE, FULL TURN, MAMBO

1-2 Step forward on right foot, make $\frac{1}{2}$ turn left
3&4 Step forward on right, close left to right, step forward on right
5-6 Turn $\frac{1}{2}$ right stepping left back, turn $\frac{1}{2}$ right stepping right forward
7&8 Rock left forward, recover onto right, close left beside right, taking weight onto left

LOCK STEP, PIVOT TURN STEP, TOE SWITCHES WITH A HITCH

1&2 Step right foot forward, lock left behind right, step right foot forward
3&4 Step left foot forward, make a $\frac{1}{2}$ turn right, step forward on left
5&6 Point right toe to right side, close right to left, point left toe to left side
&7&8 Close left to right, point right toe to right side, hitch right knee, point right toe back to right side

CROSS UNWIND $\frac{3}{4}$, SWEEP, BEHIND AND CROSS, TAP, TAP STEP, DRAG

1-2 Cross right over left, unwind to left, $\frac{3}{4}$ turn
&3&4 Sweep left around, step left behind right, step right to right side, cross step left over right

5&6 Tap right toe to right side twice, step right foot down to right side
7-8 Drag left foot to close beside right taking weight onto left popping right knee

REPEAT

TAG

After end of first wall

PIVOT TURN TWICE, SIDE MAMBO TWICE, HEEL GRIND, COASTER STEP TWICE

1-2-3-4 Step forward on right making $\frac{1}{2}$ turn left, step forward on right making $\frac{1}{2}$ turn left
5&6 Rock right to right, recover onto left, close right to left
7&8 Rock left to left side, recover onto right, close left to right
1-2-3&4 Right heel grind forward, recover on left, step right back, close left to right, step forward on right
5-6-7&8 Left heel grind forward, recover on right, step left back, close right to left, step forward on left
