

Life Goes On (Can't Go Back)

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Michael O'Shea (IRE)
音樂: Life Goes On - LeAnn Rimes



STOMP, STOMP, POINT, ROCK & TURN, SHUFFLE LEFT, & BEHIND & CROSS

- 1&2 Stomp right foot beside left twice, point right foot out to right side
3&4 Rock forward on the right, replace weight onto left, turn ½ turn right stepping onto right foot
5&6 Shuffle forward left, right, left
&7&8 Turning ¼ turn left step right to right, cross left behind right, step right to right, cross left over right

¼ TURN, CROSS & ¼ TURN, SHUFFLE LEFT, ½ TURN HEEL JACK

- 9-10 Step forward right, turn ¼ turn left
11&12 Cross right over left, step left to left side, turning ¼ turn right step forward right
13&14 Shuffle forward left, right, left
&15&16 Stepping forward right turn ½ turn left, touch left heel forward, close left to right, step forward right

ROCK & CROSS TWICE, ¼ TURN SHUFFLE, RIGHT COASTER STEP, CROSS

- 17&18 Rock left to left side, replace weight to right, cross left over right
19&20 Rock right to right side, replace weight to left, cross right over left
21&22 Turning ¼ turn right side shuffle left, right, left
&23&24 Step back right, close left to right, step forward right, cross left over right

SIDE SHUFFLE RIGHT, ½ TURN SIDE SHUFFLE LEFT, RIGHT SAILOR STEP, & STEP, LEFT SAILOR STEP & STEP, TURN

- 25&26 Step right to right, close left to right, step right to right
27&28 Turning ½ turn right step left to left, close right to left, step left to left
29&30 Rock right behind left, step left to left, step right to right (right sailor step)
&31 Close left to right, step right to right side
&32& Rock left behind right, step right to right, step left to left (left sailor step)

STEP, ½ TURN, FLICK, SHUFFLE FORWARD LEFT, FULL TURN LEFT, SHUFFLE FORWARD RIGHT

- 33-34 Step forward right, turn ½ turn left flicking left foot behind & up
35&36 Shuffle forward left, right, left
37-38 Step forward right ½ turn left, step forward left ½ turn left (full turn)
39&40 Shuffle forward right, left, right

STEP, KICK, ¼ TURN, ½ TURN, BEHIND, SIDE, CROSS, CROSS, SIDE, BEHIND

- 41-42 Step forward left, kick right foot forward

With attitude

- 43-44 Step back on right turning ¼ turn right, turning ½ turn right step left to left side
45&46 Step right behind left, step left to left side, cross right over left
47&48 (Swinging left around & in front) cross left over right, step right to right, cross left behind right

& CROSS, BACK, ½ TURN SHUFFLE, JAZZ BOX ¼ TURN

- &49-50 Step right to right side, cross left over right, step back on right
51&52 Turning ½ turn left shuffle forward left, right, left
53-54 Cross right over left, step back on left
55-56 Step right ¼ turn right, touch left to right (no weight)

KICK BALL CHANGE, STEP, SCUFF ¼ TURN, STEP, SIDE, SAILOR STEP, BEHIND, UNWIND ½ TURN

57&58 Left kick ball change

&59-60 Step onto left, scuff right foot forward turning ¼ turn left, step right foot back

61 Step left to left side

62&63 Rock right behind left, step left to left, step right to right (right sailor step)

&64 Touch left toe behind right, unwind ½ turn left

REPEAT
