

Life Is A Flower

COPPER KNOB
STEPSHEETS

拍數: 88 牆數: 2 級數: Intermediate
編舞者: Amy Lemkey
音樂: Life Is a Flower - Ace of Base



¼ JAZZ BOX, STRAIGHT JAZZ BOX

1-2 Cross right over left, step left back while turning ¼ right
3-4 Step right to right side, step left beside right
5-8 Cross right over left, step left back, step right to right side, step left beside right

WALKS FORWARD WITH ARM FLICKS, WALKS BACK WITH ARM FLICKS

9 Step right forward while flicking right arm forward
10 Step left forward while flicking left arm forward

Both arms are now forward

11-12 Flick both arms forward twice
13 Step right back while putting right arm down
14 Step left back while putting left arm down
15-16 Flick arms in a downwards motion twice

KNEE POP, KICK, FLICK WITH ARMS, ¼ TURN RIGHT, KNEE POPS

17-19 Pop right knee in towards left leg, kick right forward, step right beside left
20 Flick left leg backwards while flicking both arms up
21 On ball of right foot turn ¼ right while stepping left beside right and popping right knee in
22-24 Pop left knee in, pop right knee in, pop left knee in

LEFT SHUFFLE, RIGHT SHUFFLE, FULL TURN, STOMP LEFT, STOMP RIGHT

25&26 Step left forward, step right beside left, step left forward
27&28 Step right forward, step left beside right, step right forward
29 On ball of right foot turn ½ a turn over right shoulder
30 On ball of left foot turn ½ a turn over right shoulder
31-32 Stomp left beside right, stomp right beside left

CROSS STRUT, SIDE STRUT, CROSS STRUT, SIDE STRUT

33-34 Cross left toe over right, step down on left heel
35-36 Step right toe to right side, step down on right heel
37-38 Cross left toe over right, step down on left heel
39-40 Step right toe to right side, step down on right heel

Instead of side struts you could always shimmy

LEFT SAILOR STEP, RIGHT SAILOR STEP, LEFT BEHIND, UNWIND, HIP ROLLS

41&42 Cross left behind right, step right forward, step left beside right
43&44 Cross right behind left, step left forward, step right beside left
45-46 Cross left behind right, unwind ½ a turn over left shoulder
47-48 Roll hips to the right over (2) counts

HIP BUMPS TRAVELING FORWARD, STOMP RIGHT, STOMP LEFT, BODY ROLL

49&50 Step diagonally forward on right while bumping hips right, left, right
51&52 Step diagonally forward on left while bumping hips left, right, left
53-54 Stomp right beside left, stomp left beside right
55-56 Reversed body roll starting from head to toe

SIDE SHUFFLE, BRUSH, SWEEP, SIDE SHUFFLE, BRUSH, SWEEP

- 57&58 Step right to right side, step left beside, right, step right to right side
 59 Turn an 1/8 right while brushing left foot forward
 60 Turn an 1/8 left while brush left foot over right
 61&62 Step left to left side, step right beside left, step left to left side
 63 Turn an 1/8 left while brushing right foot forward
 64 Turn an 1/8 left while brushing right foot over left

You should end facing 9:00 wall from beginning

SIDE STRUT, ½ TURN STRUT, ½ TURN STRUT, ½ TURN STRUT

- 65-66 Step right toe to right side, step down on right heel
 67-68 Pivot ½ a turn over right shoulder stepping left toe to left side, step down on left heel
 69-70 Pivot ½ a turn over left shoulder stepping right toe to right side, step down on right heel
 71-72 Pivot ½ a turn over right shoulder stepping left toe to left side, step down on left heel

VAUDEVILLE STEPS, STEP ½ TURN, RIGHT SHUFFLE

- 73&74 Cross right over left, step left back, touch right heel to right diagonal
 & Step right beside left
 75&76 Cross left over right, step right back, touch left heel to left diagonal
 & Step left beside right
 77-78 Step right forward, pivot ½ a turn over left shoulder
 79&80 Step right forward, step left beside right, step right forward

VAUDEVILLE STEPS, STEP ½ TURN, ¼ TURNING LEFT SHUFFLE

- 81&82 Cross left over right, step right back, touch left heel to left diagonal
 & Step left beside right
 83&84 Cross right over left, step left back, touch right heel to right diagonal
 & Step right beside left
 85-86 Step left forward, pivot ½ a turn over right shoulder
 87&88 While turning a ¼ right step left forward, step right beside left, step left forward

REPEAT
