

Life's A Ride

COPPER KNOB
BY REQUEST

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Alan Haywood (UK)
音樂: Just a Ride - Jem



Choreographed by request for our friend Jane

LEFT FORWARD, LOCK RIGHT, LEFT FORWARD LOCKSTEP, RIGHT FORWARD MAMBO, SHUFFLE ½ LEFT

1-2 Step left forward, lock right behind left
3&4 Step forward onto left, lock right behind left, step forward onto left
5&6 Rock forward onto right, recover weight back onto left, step right next to left
7&8 Shuffle ½ turn left stepping left-right-left

LUNGE, RECOVER, RIGHT BEHIND AND ACROSS, SIDE ROCK, RECOVER ¼ RIGHT, TRIPLE FULL TURN RIGHT

1-2 Lunge forward onto right, recover weight back onto left
3&4 Step right behind left, step left to left side, step right across left
5-6 Rock left to left side (lean), recover making ¼ right
7&8 Make triple full turn right, stepping left-right-left (easy option left forward shuffle)

TAP, KICK, RIGHT BACK SHUFFLE, ROCK BACK, RECOVER, TRIPLE FULL TURN RIGHT

1-2 Tap right toe forward in front of left, kick right forward
3&4 Step right back, close left next to right, step right back
5-6 Rock back onto left (lean), recover weight forward onto right
7&8 Make triple full turn right, stepping left-right-left (easy option left forward shuffle)

SWAY HIPS RIGHT, LEFT, RIGHT-LEFT-RIGHT, LEFT BACK, RIGHT OVER, LEFT BACK, CROSS RIGHT OVER UNWIND FULL TURN LEFT

1-2 Stepping right slightly forward, sway hips right forward left back
3&4 Sway hips right forward left back right forward
5-6 Step left back, cross step right over left
7-8 Step back onto left, cross right over left and unwind full turn left (1 count, weight ending on right, straight into start of dance)

REPEAT