

Life's Good

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver - social cha
編舞者: June Shuman (USA)
音樂: Young Hearts Run Free - Gloria Estefan



RIGHT SIDE ROCK, CROSSING SHUFFLE, LEFT SIDE ROCK, CROSSING SHUFFLE

1-2 Rock right to side right, replace onto left
3&4 Cross right over left, step left to left, cross right over left
5-6 Rock left to side left, replace onto right
7&8 Cross left over right, step right to right, cross left over right

FORWARD ROCK, LOCK BACK, ½ TURNING SHUFFLE, ½ PIVOT

1-2 Rock forward onto right, replace onto left
3&4 Step back on right, lock left over right, step back on right
5&6 Turn ½ left as you shuffle left, right, left
7-8 Step forward onto right and pivot ½ left, replace weight to left

WALK, WALK, KICK BALL CHANGE, WALK, WALK, KICK BALL CHANGE

1-2 Walk forward right, left
3&4 Kick right forward, quickly step ball of right next to left, step left next to right
5-6 Walk forward right, left
7&8 Kick right forward, quickly step ball of right next to left, step left next to right

CROSS, STEP BACK, SIDE SHUFFLE, ¼ TURNING JAZZ BOX WITH TOUCH

1-2 Cross right over left, step back on left
3&4 Shuffle to right, right, left, right
5-8 Cross left over right, step back on right, turn ¼ left as you step left to left side, touch right next to left

REPEAT

RESTART

For "Young Hearts Run Free" by Gloria Estefan

1st restart: on wall 3 (back wall) dance through the first 20 counts (after the first kick ball change) restart from beginning. (restart is 4th wall)

2nd restart: on wall 8 (back wall) dance through the first 20 counts (same as above) and restart from beginning