

Life's Great

COPPER KNOB
BY STEPHEN BRETZ

拍數: 64 牆數: 2 級數: Intermediate
編舞者: John Robinson (USA)
音樂: I Love My Life - Jamie O'Neal



The songs indicated are two-step rhythm. When counting these tracks, count all the beats 1,2,3,4 rather than 1&2&3&4. (That makes the timing of the dance: slow, slow, quick-quick slow for the first four patterns)

WALK, WALK, FORWARD MAMBO; BACK, BACK, COASTER STEP

- 1-4 Step right forward, hold, step left forward, hold
- 5-8 Right rock forward ball of foot, recover to left, right step next to left, hold
- 1-4 Step left back, hold, step right back, hold
- 5-8 Left step back ball of foot, right step ball of foot next to left, step left forward, hold

WALK, WALK TRAVELING SIDE RIGHT, SCISSORS STEP; WALK, WALK TRAVELING SIDE LEFT, SCISSORS STEP

Angle body towards 1:30 for the next 5 counts

- 1-4 Right step side right, hold, left step across right, hold
- 5-8 Right step side right, left step next to right and slightly back, right step across left, hold

Advanced option: execute a full turn left on the previous pattern as follows:

- 1-4 Pivot $\frac{1}{4}$ left and step right back, hold, pivot $\frac{1}{2}$ left and step left forward, hold
- 5-8 Step right forward, pivot $\frac{1}{4}$ left shifting weight forward to left, right step across left, hold

Angle body towards 11:30 for the next 5 counts

- 1-4 Left step side left, hold, right step across left, hold
- 5-8 Left step side left, right step next to left and slightly back, left step across right, prepping for turn, hold

Advanced option: execute a full turn right on the previous pattern as follows:

- 1-4 Pivot $\frac{1}{4}$ right and step left back, hold, pivot $\frac{1}{2}$ right and step right forward, hold
- 5-8 Step left forward, pivot $\frac{1}{4}$ right shifting weight forward to right, left step across right, hold

1 $\frac{1}{4}$ TRAVELING TURN BACK, COASTER STEP TOUCHES

- 1-4 Pivot $\frac{1}{4}$ left (9:00) stepping right back, hold, pivot $\frac{1}{2}$ left (3:00) stepping left forward, hold
- Advanced option: pick up the free foot and tuck it in close to the other leg in a low figure 4 while turning
- 5-8 Pivot $\frac{1}{2}$ left (9:00) stepping right back, sweep left out and around to the left, left step ball of foot back, right step ball of foot next to left
 - 1-4 Step left forward, right touch next to left/clap hands high to right side, step right forward, left touch next to right/clap hands high to left side
 - 5-8 Step left back, right touch next to left/clap hands low to right side, step right back, left touch next to right/clap hands low to left side

MAMBO CROSS, LOCKING TRIPLE TRAVELING BACK, FULL TURN LEFT, HOP (OR TRIPLE) FORWARD

- 1-4 Left rock ball of foot side left, recover to right, left step across right, hold
- 5-8 Pivot $\frac{1}{4}$ left (6:00) stepping right back, left lock step across right, step right back, hold
- 1-4 Pivot $\frac{1}{2}$ left and step left forward, hold, pivot $\frac{1}{2}$ left and step right back, hold
- 5-8 Hop forward three times on right with left lifted slightly ahead of you (5, 6, 7), left step down with weight

Easier option for last 4 counts: triple step

- 5-8 Step left forward, right step next to left, step left forward, hold

REPEAT

OPTIONAL RESTART:

When dancing to "I Love My Life," you can restart halfway through the 3rd repetition, just after executing the walk-walk scissor-step section. You'll be facing the front wall when this occurs

The advanced turning options in the 3rd and 4th sets of 8 were inspired by Bailee Kulish, Emily Kulish, Shannon Swett, and Ashley Haggie of the Hot Shots Dance Team in Rapid City, South Dakota
