

Live Is Life

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Paula Bilby (UK)
音樂: Live Is Life - DJ Ötzi & Hermes House Band



Sequence: A B AAA C D E AA B

PART A

SIDE, TOGETHER, SIDE, TOGETHER, STEP ¼ RIGHT, STEP ½ PIVOT RIGHT, LEFT KICK BALL CHANGE

1-2 Step right to right side, step left next to right
3&4 Step right to right side, step left next to right, step right to right side ¼ right
5-6 Step forward on left, pivot ½ turn right
7&8 Kick left forward, step down on left, step down on right

FORWARD, LOCK, LEFT SHUFFLE, STEP ¼ LEFT, CROSS SHUFFLE

9-10 Step forward on left, lock right behind left
11&12 Step forward on left, close right to left, step forward on left
13-14 Step forward on right making ¼ turn left, weight on left
15&16 Cross right in front of left, step left to left side, cross right in front of left

SIDE ROCK, RECOVER, SAILOR ¼ LEFT, ROCK FORWARD, RECOVER, COASTER

17-18 Rock left to left side, recover on right
19&20 Cross left behind right, step right to right side, step on left ¼ left
21-22 Rock forward on right, recover on left
23&24 Step back on right, step left next to right, step right forward

KICK BALL CHANGE, FORWARD, TOUCH, STEP PIVOT ½, STEP PIVOT ¼

25&26 Kick left forward, step down on left, step down on right
27-28 Long stride forward on left, touch right next to left
29-30 Step right forward pivot ½ left, weight on left
31-32 Step right forward pivot ¼ left, weight on left

PART B

CHASSE RIGHT, ROCK BACK, RECOVER, CHASSE LEFT, ROCK BACK, RECOVER

1&2 Step right to right side, step left next to right, step right to right side
3-4 Rock left behind right, recover on right
5&6 Step left to left side, step right next to left, step left to left side
7-8 Rock right behind left, recover on left

You will be facing 6:00 while dancing Tag B

PART C

RIGHT JAZZ BOX, TWO KICK BALL CHANGES, RIGHT JAZZ BOX

1-2 Cross right over left, step back on left
3-4 Step right to right side, step left next to right
5&6 Kick right forward, step down on right, step down on left
7&8 Kick right forward, step down on right, step down on left
9-10 Cross right over left, step back on left
11-12 Step right to right side, step left next to right

You will be facing 12:00 with music fading out while dancing Tag C

PART D

SHUFFLE, SHUFFLE, JAZZ BOX ¼ RIGHT, SHUFFLE, SHUFFLE, JAZZ BOX ¼ RIGHT

1&2-3&4 Shuffle, shuffle

5-8 Jazz box ¼ right

9-16 Repeat 1-8

You will be facing 12:00 making a box shape with the above

PART E

STEP FORWARD, STEP FORWARD, STEP BACK, STEP BACK, (OR JUMP FOR 32 COUNTS)

1-2 Step right forward 45 degrees to right side (arms up) step left forward 45 degrees to left side (arms up)

3-4 Step back on right (hands down) step back on left (hands down)

5 To 32 repeat the above seven times

You will be facing 12:00 while dancing the above

Hand movements: reach up 45 degrees right, reach up 45 degrees left, hands down to floor 45 degrees right, hands down to floor 45 degrees left)
