

Livin' It Up

COPPER KNOB
STEPPERS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Cathy McDaniel (USA)
音樂: What a Life - David Foster



SIDE RIGHT MAMBO, SIDE LEFT MAMBO, STEP ½ LEFT WITH KICK, COASTER STEP

1&2 Step right to right side, shift weight to left, step right next to left
3&4 Step left to left side, shift weight to right, step left next to right
5 Step right forward making a ½ turn left, weight remaining on right
6 Kick left foot forward
7&8 Step left foot back, step right beside left, step left foot forward

SIDE RIGHT MAMBO, SIDE LEFT MAMBO, STEP ½ LEFT WITH KICK, COASTER STEP

1&2 Step right to right side, shift weight to left, step right next to left
3&4 Step left to left side, shift weight to right, step left next to right
5 Step right forward making a ½ turn left, weight remaining on right
6 Kick left foot forward
7&8 Step left foot back, step right beside left, step left foot forward

SIDE SHUFFLE, SHUFFLE ¼ TURN LEFT, TWO KICK BALL CHANGE

1&2 Step right to right side, step left next to right, step right to right side
3&4 Step ¼ turn left, step right next to left, step left to left side
5&6 Right kick forward, step right next to left on ball of foot, left step in place
7&8 Right kick forward, step right next to left on ball of foot, left step in place

WEAVE RIGHT WITH HEEL BOUNCES WITH ATTITUDE

1-2 Step right to right side, step left behind right
3-4-5 Step right to right side, step left cross right, step right to right side
6-7-8 Bounce left heel in place for counts 6-8

WEAVE LEFT WITH HEEL BOUNCES WITH ATTITUDE

1-2 Step left to left side, step right behind left
3-4-5 Step left to left side, step right behind left, step left to left side
6-7-8 Bounce right heel in place for counts 6-8

TWO FORWARD SHUFFLES, 1.4 TURN LEFT, STEP TOGETHER

1&2 Step right forward, step left next to right, step right forward
3&4 Step left forward, step right next to left, step left forward
5-6 Step right forward, pivot ¼ left, shifting weights to left
7-8 Step right next to left, step left next to right

REPEAT
