

Livin' My Life

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 2 級數: Advanced
編舞者: Lea McKenzie (AUS)
音樂: Trying to Live My Life Without You - John Farnham



RIGHT KICK BALL CHANGE, HIPS LEFT, RIGHT, LEFT KICK BALL CHANGE, HIPS RIGHT LEFT

1&2 Kick right foot forward, step right to right side, step left to left side (shoulder width apart)
3-4 Bump hips left then right (finish with weight on right foot)
5&6 Kick left foot forward, step left to left side, step right to right side (shoulder width apart)
7-8 Bump hips right then left, (finish with weight on left foot)

RIGHT SAILOR SHUFFLE BEHIND, LEFT COASTER CROSS STEP, PIVOT 1/8 LEFT TWICE

1&2 Step right behind left, step left to side, step right in place
3&4 Step left back, step right to side and slightly back, step left across right
5-6 Step right forward diagonal, rock back onto left turning 1/8 left
7-8 Step right forward diagonal, step back onto left turning 1/8 left

STEP TOGETHER, ACROSS, SIDE BALL CROSS, HEEL JACK, STEP TOGETHER, ACROSS, SIDE BALL CROSS, HEEL JACK TURNING ¼ LEFT

1-2& Step right across left, step left to side, step right diagonal back
3&4 Step left across right, step right diagonal back, touch left heel diagonally forward
&5-6 Step left next to right, step right across left, step left to side
&7&8 Step right diagonally back, step left across right, turning ¼ left step right back, touch left heel forward

STEP TOGETHER, ACROSS, TURN FULL TURN RIGHT HEEL JACK, STEP TOGETHER, ACROSS, TURN FULL TURN LEFT HEEL JACK

&1-2 Step left next to right, step right across left, step left to side turning ¼ right
3&4 Pivoting on the ball of left foot turn ¾ right stepping right & left, finish with right heel forward diagonally

No turn alternative:

&1-2 Step left next to right, step right across left, step left to side
&3-4 Step right back diagonally, step left next to right, touch right heel forward diagonally

&5-6 Step right next to left, step left across right, step right to side turning ¼ left
7&8 Pivoting on the ball of right foot turn ¾ left stepping left & right, finish with left heel forward diagonally

No turn alternative:

&5-6 Step right next to left, step left across right, step right to side
&7-8 Step left back diagonally, step right next to left, touch left heel forward diagonally

STEP TOGETHER, HEEL FORWARD, TOE BACK TURN ½ RIGHT, BRUSH UP, STEP TOGETHER, HEEL FORWARD, TOE BACK TURN ¼ LEFT, TOUCH LEFT ACROSS RIGHT

&1-2 Step left together, touch right heel forward, touch right toe back
3-4 Pivot ½ right on ball of left foot (keep weight on left), brush right across left
&5-6 Step right together, touch left heel forward, touch left toe back
7-8 Pivot ¼ left on ball of right foot (keep weight on right), touch left toe across right

UNWIND ½ RIGHT, TOUCH ACROSS BEHIND, UNWIND ½ RIGHT, SCUFF, SHUFFLE FORWARD, PIVOT ½ LEFT

1-2 Unwind ½ right, cross right behind left unwind ½ right
3-4 Place weight onto right, scuff left forward

5&6 Shuffle forward left-right-left
7-8 Step right forward pivot ½ left (weight on left foot)

STEP FORWARD, TOUCH, BALL HEEL, BALL STEP, STEP FORWARD, TOUCH, BALL HEEL, BALL STEP

1-2& Step right forward, touch left next to right, step left back
3&4 Touch right heel forward, step right next to left, step left forward
5-6& Step right forward, touch left next to right, step left back
7&8 Touch right heel forward, step right next to left, step left forward

STEP ACROSS, ROCK BACK, TURN ½ RIGHT SHUFFLE FORWARD, TURN A FULL TURN RIGHT, PIVOT ½ RIGHT

1-2 Step right across in front of left, rock back onto left turning ½ right
3&4 Shuffle forward right-left-right
&5&6 Turn ½ right on ball of right foot, step left back, turn ½ right on ball of left foot, step right forward
7-8 Step left forward, pivot ½ right (weight on right foot)

SYNCOPATED LOCK STEPS FORWARD, PIVOT ½ RIGHT, TURN ½ RIGHT SHUFFLE BACK

1-2 Step left forward diagonally, step right across behind left
&3-4 Step left back, step right forward diagonally, step left across behind right
&5-6 Step right back, step left forward, pivot ½ right (weight on right)
7&8 Turn ½ right on ball of right foot, shuffle back left-right-left

COASTER BACK, STEP SIDE BALL CROSS, SHUFFLE RIGHT TURNING ¼ LEFT, TURN ½ LEFT SHUFFLE FORWARD

1&2 Step right back, step left next to right, step right forward
3&4 Step left to side, step right diagonally back, step left across right
5&6 Shuffle to the right right-left-right turning ¼ left
7&8 Turn ½ left shuffle forward left-right-left

REPEAT

TAG

After the first and second walls only

SYNCOPATED SIDE STEPS, COASTER BACK, PIVOT ½ LEFT

1-2 Step right to side, rock back onto left
&3-4 Step right next to left, step left to side, rock back onto right
5&6 Step left back, step right next to left, step left forward
7-8 Step right forward, pivot ½ left (weight on left)

SYNCOPATED SIDE STEPS, COASTER BACK, PIVOT ½ LEFT

1-2 Step right to side, rock back onto left
&3-4 Step right next to left, step left to side, rock back onto right
5&6 Step left back, step right next to left, step left forward
7-8 Step right forward, pivot ½ left (weight on left)
