

My Life

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Matt Barrett (UK)
音樂: It's My Life - Bon Jovi



Sequence: Start the dance 16 counts into track
This is dedicated to Pauline Robinson

STOMP RIGHT AND LEFT, HOLD FOR 2, HEEL JACKS LEFT, RIGHT

1-4 Stomp right, stomp left, hold for two counts
&5&6 Step left back, dig right heel forward, step right back, step left beside right
&7&8 Step right back, dig left heel forward, step left back, step right beside right

HEEL JACKS LEFT, RIGHT, KICK TWICE, RIGHT SAILOR STEP

&1&2 Step left back, dig right heel forward, step right back, step left beside right
&3&4 Step right back, dig left heel forward, step left back, step right beside right
5-6 Kick right forward, kick right to right side
7&8 Step right back, step left to side, step right to right

KICK TWICE, LEFT SAILOR STEP, CROSS ROCK, ¼ TURN SHUFFLE

1-2 Kick left forward, kick left to left side
3&4 Step left back, step right to side, step left to right
5-6 Cross rock right over left, recover onto left
7&8 Step right ¼ turn to right, turn step left behind right, step right forward

STEP ¼ TURN, CROSS, STEP, BEHIND, TOUCH CROSS, TOUCH

1-2 Step left forward, pivot ¼ turn to right (weight ending on right)
3-4 Cross left over right, step right to right
5-6 Cross left behind right, touch right to right side
7-8 Cross right over left, touch left to left side

LEFT JAZZ BOX, SCUFF HITCH STEP, RIGHT AND LEFT

1-4 Left jazz box with a touch
5&6 Scuff right forward, hitch right knee, step right forward
7&8 Scuff left forward, hitch left knee, step left forward

STOMP, STOMP, HEEL SWIVELS, RIGHT TOE STRUT BACK, LEFT TOE STRUT BACK

1-2 Stomp right forward, stomp left slightly back
&3&4 Swivel both heels out, in, out, in
5-6 Right toe strut back
7-8 Left toe strut back

REPEAT
