

My Life Too

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Heather Frye (CAN)
音樂: It's My Life - No Doubt



ANGLED TO RIGHT CORNER - STEP TOGETHER STEP TOUCH, ANGLED TO LEFT CORNER - STEP TOGETHER STEP TOUCH

1-2 Step right foot forward on an angle, step left beside right
3-4 Step right foot forward on an angle, touch left beside right
5-6 Step left foot forward on an angle, step right beside left
7-8 Step left foot forward on an angle, touch right beside left

KICK RIGHT FORWARD, STEP OUT RIGHT, LEFT, POP RIGHT KNEE IN, MAKE ¼ TURN RIGHT ONTO RIGHT, STEP FORWARD LEFT, PIVOT ½ TURN RIGHT, LEFT KICK-BALL-STEP

1&2 Kick right foot forward, step right foot out, step left foot out - feet should be shoulder width apart
3-4 Roll right knee in towards left leg, roll right knee out making a ¼ turn right stepping onto right foot
5-6 Step forward onto left, pivot half turn right taking weight onto right
7&8 Kick left foot forward, rock back onto the ball of left foot, step forward onto right foot

ROCK FORWARD LEFT, RECOVER RIGHT, LEFT COASTER STEP, RIGHT KICK-BALL-STEP (TWICE)

1-2 Rock forward onto left, recover weight back onto right
3&4 Step left back, close right to left, step forward onto left
5&6 Kick right foot forward, rock back onto the ball of the right foot, step forward onto left foot
7&8 Kick right foot forward, rock back onto the ball of the right foot, step forward onto left foot

STEP TURN ¼ LEFT, STEP SIDE LEFT, TOUCH RIGHT BESIDE, STEP SIDE RIGHT, TOUCH LEFT BESIDE, TRIPLE FORWARD MAKING A ¼ TURN LEFT

1-2 Step right forward, pivot ¼ turn left keeping weight on right foot and touch left beside right
3-4 Step side left, touch right beside left
5-6 Step side right, touch left beside right
7&8 Make a ¼ turn left triple step forward onto left, close together with right, step forward onto left

REPEAT
