

Real Life

COPPER **NOB**
BY STEPHEN BRETZ

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Noel Bradey (AUS)
音樂: Real Life - Jeff Carson



FORWARD, REPLACE, DIAGONAL BACK, CROSS/ BACK, ½ TURN, SHUFFLE ½ TURN, BESIDE, ROCK REPLACE

- 1&2 Rock/step forward on right, replace weight to left, step back right on right diagonal
&3-4 Cross/step left over right, step back right on right diagonal, turn ½ turn left to step forward on left (6:00)
5&6&7-8 Turn ½ turn left shuffling right-left-right, step on ball of left beside right, cross/rock right over left, replace weight to left (12:00)

BESIDE, CROSS, REPLACE, ¼ TURN, FORWARD, ½ TURN SWING, SYNCOPATED SAILORS TWICE BALL, CROSS

- &1-2 Step on ball of right beside left, cross/rock left over right, replace weight to right
&3-4 Turn ¼ turn left stepping forward on left, step forward on right, turn ½ turn left on right swinging left around (3:00)
&5&6 Cross/step left behind right, step right to right, replace weight to left, cross/step right behind left
&7&8 Step left to left, replace weight to right, step on ball of left beside right, cross/step right over left (3:00)

FORWARD, REPLACE, DIAGONAL BACK, CROSS/ BACK, ½ TURN, SHUFFLE ½ TURN, BESIDE, ROCK, REPLACE

- 1&2 Rock/step forward on left, replace weight to right, step back left on left diagonal
&3-4 Cross/step right over left, step back left on left diagonal, turn ½ turn right to step forward on right (9:00)
5&6&7-8 Turn ½ turn right shuffling left-right-left, step on ball of right beside left, cross/rock left over right, replace weight to right (3:00)

BESIDE, CROSS, REPLACE, ¼ TURN, FORWARD, ½ TURN SWING, SYNCOPATED SAILORS TWICE, BALL, CROSS

- &1-2 Step on ball of left beside right, cross/rock right over left, replace weight to left
&3-4 Turn ¼ turn right stepping forward on right, step forward on left, turn ½ turn right on left swinging right around (12:00)
&5&6 Cross/step right behind left, step left to left, replace weight to right, cross/step left behind right
&7&8 Step right to right, replace weight to left, step on ball of right beside left, cross/step left over right (12:00)

¼ TURN, ½ TURN, COASTER ¼ TURN CROSS, HIP SWAYS, SIDE SHUFFLE

- 1-2 (Traveling right) turn ¼ turn right stepping forward on right, turn ½ turn right stepping back on left (9:00)
3&4 Step back on right, step on left beside right turning ¼ turn right, cross/step right over left (12:00)
5-6-7&8 Stepping left to left sway hips left, sway hips to right, side shuffle to left stepping left-right-left (12:00)

SIDE, BEHIND, ¼, FORWARD, ½ PIVOT, FORWARD, LOCK STEP, ¾ COASTER TURN

- 1-2 Step right to right, cross/step left behind right
3&4 Turning ¼ turn right stepping forward on right, step forward on left, pivot turn ½ turn right (end weight on right) (9:00)
5-6 Step forward on left, lock/step right behind left

7&8 Turn ¼ turn right stepping back on left, turn ½ turn right stepping right beside left, step forward on left (6:00)

Restart goes here

BALL CHANGE, KICK, ¼ LOCK SHUFFLE BACK, ROCK FORWARD, BACK, 1 ½ TRIPLE BACK

&1-2-3&4 Step back on ball of right, step forward on left, kick right forward diagonally to right, turn ¼ turn right to cross/step right over left, step back on left, cross/step right over left (9:00)

5-6-7&8 Rock/step forward on left, replace weight to right, (traveling backwards) turn ½ turn left stepping forward on left, turn ½ turn left stepping back on right, turn ½ turn left stepping forward on left (3:00)

Tag goes here

BALL STEP, ½ PIVOT, ¼ RUN FORWARD, FORWARD, REPLACE. ½ TURN FORWARD, FORWARD

&1-2-3&4 Step on ball of right beside left, step forward on left, ½ turn pivot turn right, turn ¼ turn right small run forward left, right, left(12:00)

5-6-7-8 Rock/step forward on right, replace weight to left, turn ½ turn right to step forward on right, step forward on left (6:00)

REPEAT

RESTART

On wall 2, dance to count 48 and start again

TAG

On wall 5, dance to count 56. Hold for 2 counts, then dance counts 57-64

FINISH

To end dance, on wall 6 dance to count 32, then slow unwind ½ turn right to face front
