

Rhythm Of My Life

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 4 級數: Intermediate/Advanced
編舞者: Gordon Elliott (AUS)
音樂: Rhythm Of My Life - Gina G.



KICK-HOOK-KICK, COASTER STEP, KICK-HOOK-KICK, COASTER STEP

1&2 Kick right forward, hook right heel to left knee, kick right forward
3&4 Coaster: step right back, step left together, step right forward
5&6 Kick left forward, hook left heel to right knee, kick left forward
7&8 Coaster: step left back, step right together, step left forward

PIVOT TURN, PIVOT TURN, FORWARD, ROCK BACK, BACK, ROCK FORWARD

1-2 Pivot: step right forward, turn ½ turn left take weight onto left
3-4 Pivot: step right forward, turn ½ turn left take weight onto left
5-6 Step right forward, rock back onto left
7-8 Step right back, rock forward onto left

SIDE, BEHIND, BACK-HEEL-BACK-ACROSS, SIDE, BEHIND, BACK-HEEL-BACK-ACROSS

1-2& Step right to the side, step left behind right, step right back
3&4 Touch left heel at 45 degrees, step left back, step right across in front of left
5-6& Step left to the side, step right behind left, step left back
7&8 Touch right heel at 45 degrees, step right back, step left across in front of right

FORWARD, ROCK, BACK, FULL TURN TRIPLE, FORWARD, ROCK BACK, 1 & ½ TRIPLE

1-2 Step right forward, rock back onto left
3&4 Turn full turn right triple step: right-left-right
5-6 Step left forward, rock back onto right
7&8 Turn 1 ½ left triple step: left-right-left

DOROTHY, DOROTHY, DOROTHY, DOROTHY & STOMP

1-2& Step right forward at 45 degrees, lock left behind right, step right back
3-4& Step left forward at 45 degrees, lock right behind left, step left back
5-6& Step right forward at 45 degrees, lock left behind right, step right back
7-8 Step left forward at 45 degrees, stomp right together

KICK, KICK, ½ TURN, HOOK, SHUFFLE FORWARD, PIVOT TURN

1-2 Kick right forward, kick right back
3-4 Turn ½ turn right kick right forward, hook right heel to left knee
5&6 Shuffle forward: right-left-right
7-8 Pivot: step left forward, turn ½ turn right take weight onto right

KICK, KICK, ½ TURN, HOOK, SHUFFLE FORWARD, PADDLE TURN

1-2 Kick left forward, kick left back
3-4 Turn ½ turn left kick left forward, hook left heel to right knee
5&6 Shuffle forward: left-right-left
7-8 Pivot: step right forward, turn ¼ turn left take weight onto left

ROLLING VINE RIGHT CLAP-CLAP, ROLLING VINE LEFT CLAP-CLAP

1-2-3&4 Turn full turn right rolling vine right: step right, step left, step right, clap-clap
5-6-7&8 Turn full turn left rolling vine left: step left, step right, step left, clap-clap

BACK-HEEL-BACK-HEEL-BACK-HEEL, HEEL, BACK-HEEL-BACK-HEEL-BACK-HEEL, HEEL

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

SHUFFLE FORWARD, ½ TURN SHUFFLE BACK, ½ TURN, ½ TURN, ½ TURN, FORWARD

1&2 Shuffle forward: right-left-right
3&4 Turn ½ turn right shuffle back: left-right-left
5-6 Turn ½ turn right step right forward, turn ½ turn right step left back
7-8 Turn ½ turn right step right forward, step left forward

REPEAT
