

Ride The Rhythm/life Has Meaning

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Pam Dailey (USA)
音樂: Life Has Meaning - James JD Wilkerson



CROSS, TOUCH, BACK, TOUCH, HALF TURN, (WITH ARM MOVEMENTS) SIDE BODY ROLL

1-2 Cross right toe over left & touch, bring right toe back & touch out to right side

Cross arms in front as you cross toe in front, bring arms back out to sides on the touch

3-4 Cross right toe behind left & touch, touch right toe out to right side

Cross arms in front as you cross toe behind, bring arms back out to sides on the touch

Weight is on left foot for first four counts

5-6 Sweep right toe around to right making $\frac{1}{2}$ turn step on right, then left

7-8 Side body roll or hip roll to right and back to left (weight is on left)

FORWARD MOON WALK RIGHT, LEFT, RIGHT, LEFT, HEEL JACK, STEP, SLIDE TOUCH

1-4 Slide right toe forward step, slide left toe forward step, repeat: right - left

5-6 Step back on right place left heel forward, bring left foot back in place and touch right toe beside left

7-8 Step on right toe out to right side, slide left toward right foot placing weight on left and touching right toe out to right side

When you slide left to right you will actually step on left about where your right toe was and your right toe now will touch or point to right a little farther

CROSS $\frac{1}{2}$ TURN, KICK BALL STEP, & TWO SETS OF "TUSHIE SITS"

1-2 Cross right over left, turn $\frac{1}{2}$ turn to left keeping weight on left

3&4 Kick right foot forward, bring right back and step, place left foot forward

5 Bending kneeing & left foot forward lower hips down (as if you were going to sit down)

6 Now bring the hips back up & straighten right knee

Keep left knee out front and slightly bent. For lack of a better name we called it a "tushie sit"

7-8 Repeat 5-6

You can call it down, up, down, up

LEFT COASTER STEP, TOUCH CROSS, TOUCH CROSS, $\frac{1}{4}$ TURN LEFT WITH HIP ROLL

1&2 Step back on left, back on right, forward on left

3-4 Touch right toe to right side, cross right over left (weight on right)

5-6 Touch left toe to left, step left behind right (weight on left)

7-8 Keep weight on left foot roll hips and knees left to right twice while making $\frac{1}{4}$ turn left

REPEAT