

# Viva Life

**COPPER** **NOB**  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate/Advanced  
編舞者: Alan Birchall (UK)  
音樂: Viva Life On Mars - Robbie Williams



## **RIGHT HEEL JACK, CROSS UNWIND $\frac{3}{4}$ TURN, RIGHT COASTER, SCUFF HITCH $\frac{1}{2}$ TURN**

1&2      Cross right over left, step left to left, extend right heel  
&3-4      Step onto right, cross left over right, unwind  $\frac{3}{4}$  turn right (9:00)  
5&6      Step back on right, step left by right, step forward on right  
&7-8      Scuff left past right, hitching left make  $\frac{1}{2}$  turn right, step left to right (3:00)

## **HEEL, STEP, CROSS 'ANKLE BREAKERS', $\frac{1}{2}$ TURN, CROSS, HEEL SPLITS**

9&10      Tap right heel forward over left, step right to right, cross left over right  
11&12      On balls off both feet rock ankles left, right, left  
13-14      Making  $\frac{1}{4}$  turn right step right to right, making  $\frac{1}{4}$  right step left to left (9:00)  
15&16      Cross right over left, split heels apart, bring heels together

## **SHUFFLE $\frac{1}{4}$ , STEP, $\frac{1}{2}$ PIVOT, FULL TRIPLE TURN, MAMBO**

17&18      Step right to right, step left by right, step right to right making  $\frac{1}{4}$  turn right (12:00)  
19-20      Step forward on right,  $\frac{1}{2}$  pivot left (6:00)  
21&22      Make full triple turn left, stepping, left, right, left  
23&24      Rock forward on right, recover on left, step back on right

## **$\frac{1}{2}$ PADDLE TURN, STEP. TOUCH, HITCH, CROSS, TOUCH'S, HITCH, CROSS**

&25      Make  $\frac{1}{4}$  turn touch left to left (9:00)  
&26      Make  $\frac{1}{4}$  turn touch left to left (12:00)  
&27      Step left by right, touch right to right  
&28      Hitch right, cross right over left  
29&      Touch left to left, step left by right  
30&      Touch right to right, hitch right  
31-32      Cross right over left, touch left to left

## **$\frac{3}{4}$ KICK, SWING TURN, HITCH, LOCK STEP, STEP, TURN, STEP, CROSS UNWIND**

33&34      Making  $\frac{3}{4}$  turn left kick left foot forward, swing left past right making  $\frac{1}{2}$  turn left, hitch left (3:00)  
35&36      Step forward on left, lock right behind left, step forward on left  
37&38      Step forward on right,  $\frac{1}{2}$  pivot left, step forward on right  
39-40      Cross left over right, unwind  $\frac{3}{4}$  turn right (6:00)

## **'BODY ROLL', HIP BUMPS, SAILOR STEP, CROSS UNWIND**

41-42      Stepping right to right, body roll right  
43&44      Bump hips left, left (weight ends on left)  
45&46      Cross right behind left, step left to left, step right in place  
47-48      Cross left behind right, unwind  $\frac{3}{4}$  right (9:00)

## **SYNCOPATED ROCKS, CROSS UNWIND, SIDE SHUFFLE**

49&      Rock forward on right, recover on left  
50&      Rock right to right, recover on left  
51&52      Cross right behind left, step right to right, step left in place  
53-54      Cross left over right, unwind full turn right  
55&56      Step right to right, step left by right, step right to right

**FRONT SAILOR STEP, ¼ SYNCOPATED JAZZ BOX, ½ FRONT SAILOR TURN, CROSS STEP, STEP**

57&58            Cross left over right, step right to right, step left by right

59&60            Cross right over left, step back on left, making ¼ turn right step right to right (12:00)

61&62            Cross left over right, making ½ turn left step right to right, step left to left (6:00)

63-64            Cross step right over left, step left to left

**REPEAT**

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