

It's A Beautiful Ride

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ray Graham (AUS) & Trish Graham (AUS)
音樂: Life Ain't Always Beautiful - Gary Allan



ROCK, HOLD, RECOVER, STEP, SIDE, HINGE, RECOVER, HINGE

1-4 Rock left over right, hold, recover onto right, step left to side
5-8 Step onto right, make a ½ right stepping onto left, recover onto right, make a ½ turn left (backwards) stepping onto left

HIP, HIP, BEHIND SIDE CROSS, RECOVER, ½, ½, STEP BACK (ALT: RECOVER, ½, ½, ½, ½, BACK)

1-2 Stepping on right push hips right, stepping on left push hips left
3&4 Step right behind left, step left to side, cross right over left
5-6 Recover back on left, make a ½ turn right stepping forward on right
7-8 Make a ½ turn right stepping back on left, step back on right

Alternative:

5&6&7-8 Recover on left, ½ turn right, ½ turn right, ½ turn right, ½ turn right, step back on right

CROSS SHUFFLE, ¼ TURN, ROCK, RECOVER, FULL TURN TRIPLE, ¼ PADDLE TURN

1&2 Cross left over right, step right to side, cross left over right
&3-4 Make ¼ left stepping back on right, rock back on left, recover onto right
5&6 Make ½ right stepping back on left, ½ turn right stepping forward on right, step forward on left
7-8 Step forward on right, ¼ turn left taking weight on left

SHUFFLE FORWARD, SIDE ROCK, RECOVER, SHUFFLE FORWARD, SIDE ROCK, RECOVER

1&2 Step forward on right, step left beside right, step forward on right
3-4 Rock left to the side, recover onto right
5&6 Step forward on left, step right beside left, step forward on left
7-8 Rock right to the side, recover onto left

CROSS SHUFFLE, ¼ STEP, ½ ROCK, STEP BACK, FULL TURN TRIPLE, STEP PIVOT

1&2 Cross right over left, step left to side, cross right over left
3&4 Make a ¼ left step forward on left, make a ½ left stepping back on right, step back on left
5&6 Step forward on right, make ½ turn right stepping back on left, make ½ right stepping forward on right
7-8 Step forward on left, pivot ½ right taking weight on right

ROCK, RECOVER, & ½ TURN ROCK, RECOVER, ½, ½, BACK, CROSS & SIDE

1-2 Rock forward onto left, recover onto right
&3-4 Make a ½ turn left stepping forward on left, rock forward onto right, recover onto left
&5-6 Make ½ turn right onto right, make ½ turn right stepping back on left, step back onto right
7&8 Cross left over right, step right to side, step left to side

WALK, WALK, SIDE, ¼ TURN, STEP, WALK, WALK, SIDE, ¼ TURN, STEP

1-2 Walk forward on right, walk forward on left
3&4 Step right to side, making ¼ take weight on left, step forward on right
5-6 Walk forward on left, walk forward on right
7&8 Step left to side, making ¼ take weight on right, step forward on left

TRIPLE FULL TURN RIGHT, CROSS SHUFFLE, SIDE RECOVER CROSS, SIDE TOUCH, UNWIND

1&2 Stepping ¼ right onto right, make ½ right stepping back on left, make ¼ right stepping right to side

3&4 Cross left over right, step right to side, cross left over right
5&6 Step right to side, recover onto left, cross right over left
&7-8 Step left to side, touch right behind left, unwind ½ to right taking weight on right

REPEAT
