

Gotta Stay Alive

COPPER **NOB**
BY STEPHEN

拍數: 32 牆數: 1 級數: Improver
編舞者: Rebecca Unger
音樂: One Love - Blue



JUMPS X3, TOE, HEEL, STEP, ROCK FORWARD AND BACK, TRIPLE STEP TURN

- 1&2 Leaving left foot in the same place, jump with right foot out to right side, jump with right further in (shoulder width), jump with right next to left
- 3&4 Touch right toe next to left with right knee bending inwards, touch right heel out to right side at 45 degrees, step down on right
- 5&6 Step left forward, replace weight onto right, step left back
- 7&8 Triple step $\frac{3}{4}$ turn right stepping right, left, right

STEP, TOUCH, STEP LOCK STEP, ROCK BACK, FORWARD, LEFT TWINKLE

- 1-2 Step left forward on diagonal left, touch right next to left
- 3&4 Step lock step back on right diagonal (right back, cross left over right, right back)
- 5-6 Straightening up, rock left back, then replace weight on right
- 7&8 Left twinkle (left over right, right to right side, left to left side)

STEP, TURN, TURN, SIDE AND CROSS, ROCK AND ROCK AND, STEP, SCOOT

- 1&2 Step forward on right, replace weight on left turning $\frac{1}{4}$ right, turn a further $\frac{1}{4}$ right stepping right forward
- 3&4 Step left forward, pivot $\frac{1}{4}$ right replacing weight on right, cross left over right
- 5&6& Step right forward, rock back on left, step right back, rock forward on left
- 7-8 Step right forward, scoot forward on right hooking left

STEP, TOGETHER, TRIPLE STEP TURN, PIVOT TURN, RUN FORWARD

- 1-2 Step left forward, step right next to left
- 3&4 Full turn triple step left stepping left, right, left moving slightly forward
- 5-6 Step right forward, pivot $\frac{1}{2}$ left replacing weight on left
- 7&8 Run forward right, left, right

REPEAT

TAG

There is an 8 count tag after walls 3 and 6. It is exactly the same as the first eight counts of the dance apart from the triple step $\frac{3}{4}$ turn right, becomes a triple step FULL turn right. After the tag, begin the dance again
