

Fill My Life

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Charlotte Skeeters (USA)
音樂: Fill My Life - The Limelitters



Dance is designed to cover the floor with big/long/wide movements wherever possible, especially the paddle turns. It is counted in half time. That is, count 1&2,3&4, instead of 1-2-3,4-5-6 and so on
When using "Fill My Life", start after 32 counts. I can't show you here but I do "signing" for the 32 count intro. You can find it on the back of the signed copy. It has a sign language guide with little pictures of people showing how to sign the words. You can find this one at www.linedancefun.com, or email me at char.skeeters@sv.sc.philips.com me and I'll send you one

RUN-RUN-RUN (1&2), ROCK, ROCK, CROSS, SIDE, CROSS, ¼, FORWARD, ½

1&2 Shuffle forward right; left; right
3&4 Left foot rock side left; right foot rock center; left foot cross-step over right
5&6 Right foot step side right; left foot cross-step behind right; right foot step side right into ¼ turn right
7-8 Left foot step forward; pivot ½ turn right (weight ends right)

FORWARD, LOCK, FORWARD, BIG WIDE PADDLE TURN (FULL TURN) LEFT

1&2 Left foot step forward; right foot forward lock behind left; left foot step forward

Arms out to side as you execute the paddle turn

&3 Right foot step forward on ball of foot; push off into ½ turn left as you step left foot forward
&4 Right foot step forward on ball of foot; push off into ½ turn left as you step left foot forward

ROCK ¼, RECOVER, SIDE, ROCK ¼, RECOVER, SIDE

5&6 Right foot cross over left into ¼ turn left; return weight to left foot as you face forward (¼ right); right foot step side right
7&8 Left foot cross over right into ¼ turn right; return weight to right foot as you face forward (¼ left); left foot step side left

If you don't execute complete ¼ turns, no big deal!

Next 8 counts are exact mirror of above 8

FORWARD, LOCK, FORWARD, BIG WIDE PADDLE TURN (FULL TURN) RIGHT

1&2 Right foot step forward; left foot forward lock behind right; right foot step forward

Arms out to side as you execute the paddle turn

&3 Left foot step forward on ball of foot; push off into ½ turn right as you step right foot forward
&4 Left foot step forward on ball of foot; push off into ½ turn right as you step right foot forward

ROCK ¼, RECOVER, SIDE, ROCK ¼, RECOVER, SIDE

5&6 Left foot cross over right into ¼ turn right; return weight to right foot as you face forward (¼ left); left foot step side left
7&8 Right foot cross over left into ¼ turn left; return weight to left foot as you face forward (¼ right); right foot step side right

FORWARD, BACK, ANGLE/DRAW, ANGLE, CROSS, ANGLE/DRAW

1&2 Left foot step forward; right foot step back; left foot angle back diagonally to the left (big step) and drag right foot next to left (keep weight left)
3&4 Right foot angle back diagonally right; left foot cross over right (still going back), right foot step back diagonally right (big step) and drag left foot next to right

BACK, FORWARD, ¼ TURN, BIG WIDE PADDLE TURN (FULL TURN) RIGHT

5&6 Left foot step back; right foot step forward; left foot step forward into ¼ turn left

Arms out to side as you execute the paddle turn

- &7 Right foot step forward on ball of foot; push off into ½ turn left as you step forward onto left foot
- &8 Right foot step forward on ball of foot; push off into ½ turn left as you step forward onto left foot

REPEAT
