

Cup Of Life

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Improver
編舞者: Liam Hrycan (UK)
音樂: The Cup of Life - Ricky Martin



This dance was written especially for the Line Dance Bonanza Day (6th June 1999), on Ashton Market Ground, Ashton (UK), to celebrate the opening of the Willow Wood Hospice

RIGHT SIDE STEP/LEFT TOE TOUCH BESIDE RIGHT, LEFT SIDE STEP/RIGHT TOE TOUCH BESIDE LEFT, RIGHT CHASSE, LEFT CROSS ROCK/RECOVER

- 1-2 Step right foot to right side, touch left toe beside right foot and clap hands
- 3-4 Step left foot to left side, touch right toe beside left foot and clap hands
- 5&6 Step right foot to right side, step left foot to place beside right step right foot to right side
- 7-8 Cross rock left foot over right, recover weight back onto right foot

LEFT WEAVE (½-LEFT), LEFT SYNCOPATED CROSS ROCK/RECOVER/SIDE STEP, LEFT CROSS SHUFFLE

- 9-10 Step left foot to left side a ¼ turn left, step right foot forward a ¼ turn left
- Steps 9,10 complete a ½ turn left, traveling to the left**
- 11-12 Step left foot behind right, step right foot to right side
 - 13&14 Cross rock left foot over right, recover weight back onto right foot, step left foot to left side
 - 15&16 Crossing right foot over left - left cross shuffle, stepping - right, left, right

LEFT SIDE STEP/RIGHT DRAG STEP, LEFT KICK-BALL TOUCH (RIGHT TOE BESIDE LEFT), RIGHT SIDE STEP/LEFT DRAG STEP, RIGHT KICK-BALL CHANGE

- 17-18 Step left foot to left side, drag and step right foot to place beside left
- 19&20 Kick left foot forward, step ball of left foot to place beside right, touch right toe beside left foot
- 21-22 Step right foot to right side, drag and step left foot to place beside right
- 23&24 Kick right foot forward, step ball of right foot to place beside left, step weight onto left foot

RIGHT STEP BACK/HOLD, LEFT COASTER STEP, RIGHT STEP/½ PIVOT LEFT, LEFT STEP BACK/RIGHT TOE TOUCH BACK

- 25-26 Step right foot back, hold position and clap hands
- 27&28 Step left foot back, step right foot to place beside left, step left foot forward
- 29-30 Step right foot forward, pivot a ½ turn left (weight ending on right foot)
- 31-32 Step left foot back, touch right toe back

RIGHT STEP FORWARD/LEFT SIDE TOE TOUCH, LEFT STEP FORWARD/RIGHT SIDE TOE TOUCH, LEFT WEAVE (¼-LEFT)

- 33-34 Step right foot forward, touch left toe out to left side
- 35-36 Step left foot forward, touch right toe out to right side
- 37-38 Step right foot over left, step left foot to left side
- 39-40 Step right foot behind left, step left foot to left side a ¼ turn left

RIGHT STEP/½ PIVOT LEFT, RIGHT KICK-BALL CHANGE (TWICE), RIGHT STOMP FORWARD, LEFT STOMP FORWARD

- 41-42 Step right foot forward, pivot a ½ turn left (weight ending on left foot)
- 43&44 Kick right foot forward, step ball of right foot to place beside left, step weight onto left foot
- 45&46 Kick right foot forward, step ball of right foot to place beside left, step weight onto left foot
- 47-48 Stomp right foot forward, stomp left foot forward (traveling forward)

REPEAT

