

Bit Of Life

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Letha Blackford (USA)
音樂: A Little Bit Of Life - Craig Morgan



RIGHT MONTEREY TURN, ROCK STEP CROSS, POINT, STEP, POINT, TOUCH

1-2 Point right foot to right, ½ turn right backwards stepping right next to left
3&4 Rock left foot to left, quick step on right foot, step left foot across right
5-6 Point right foot to right, step right foot across left foot
7-8 Point left foot to left, touch left foot in front of right foot

LEFT SWEEP, TOUCH, UNWIND ½ TURN LEFT, RIGHT TOE STRUT, LEFT TOE STRUT

1-2 Sweep left foot back, touch left foot behind right foot
3-4 Unwind doing ½ turn left (keep weight on right), step left foot forward
5-6 Touch right toe forward, drop right heel
7-8 Touch left toe forward, drop left heel

RIGHT SAILOR, LEFT SAILOR, RIGHT SIDE ROCK WITH ¼ TURN LEFT, LEFT COASTER STEP

1&2 Step right foot behind left foot, left to left, right next to left
3&4 Step left foot behind right foot, right to right, left next to right
5-6 Rock right foot to right, make ¼ turn left (keep weight on right)
7&8 Step left foot back, step right foot next to left, step left foot forward

RIGHT KICK BALL CHANGE, HIP BUMPS, STEP RIGHT, ¼ TURN LEFT

1&2 Kick right foot forward, step right foot next to left, step left foot next to right
3-6 Hip bumps (end with weight on left)
7-8 Step right foot forward, make ¼ turn left changing weight to left foot

REPEAT
