

Ah-Live

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Ron Kline (USA)
音樂: Love Is Alive - Joan Osbourne



Position: Feet Slightly Apart (2nd Position)

BUMPS (RIGHT, LEFT), HIP CIRCLES, SYNCOPATED FORWARD & BACK 2X

1-2 Bump hips right, left
3&4 Make 1 ½ to the left hip circles back around to right, forward around to left, back around to right
&5&6 Step left in front of right, step side right, step left behind right, step side right
&7&8 Step left in front of right, step side right, step left behind right, step side right
Travel right during counts &5-8, bending knees and palms forward on &5 and &7, pushing hips back and palms back on counts &6 and &8

KICK, TURN BACK, BUMPS (RIGHT, LEFT), TURN, KICK, SYNCOPATED BACK, HOLD/CLAP

1-2 Kick forward left, turning ¼ left step side left
3-4 Bump hips right, left
5-6 Turn ¼ right shifting weight to right, kick forward left
&7-8 Step back left, step right next to left, hold and clap hands shifting weight to right

TOUCH & TURN (½), 1 ½ ROLL RIGHT, STEP, TOUCH TURNS, STEP TOGETHER

&1-2 Touch side left, turning ¼ left step on ball of left next to right, turning ¼ left step side right
3&4 Turning ½ left step side left, turning ½ left step side right, turning ½ left step side left
5 Step forward right
&6&7 Pivot ¼ right, touch side left, pivot ¼ right, touch side left (option on these turns, hitch left and bump hips left and left)
8 Pivot another 1/8 right stepping left next to right on balls of both feet and bending knees (now facing diagonal left of 9:00 wall)

HOP HOP TWIST 2X, ROCK BACK BACK, PIVOT, PIVOT

1&2 Keep left diagonal and on balls of both feet hop side right (to 3:00 wall) twice, keep feet in position and pivot to forward right diagonal
&3&4 Keep feet in position and pivot to forward left diagonal and repeat counts 1&2

Arm positions for these steps: right elbow forward with forearm downward and palm outward, left elbow out to side with forearm upward and palm inward on hops. Switch forearm positions on twists

5&6 Turn slightly right and rock forward left (to starting wall), step back right, step back left prepping heel left
7-8 Turn ¼ right stepping side right, pivot ½ right stepping side left

REPEAT

TAG

Before the 3rd wall facing 6:00, before the 6th wall facing 9:00 and at the end after the 8th wall facing the starting wall, do the first 14 counts of the dance and on counts &7-8 of the second section, step side left, step right next to left, step side left, then start that wall as usual. After the 3rd tag (the very end of the dance), there are 2 extra counts make a hip circle to the left.