

It's Beautiful Life

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Cathryn Proudfoot (AUS) - May 2006
音樂: Awful Beautiful Life - Darryl Worley : (Album: Darryl Worley)



1&2&3,4 FORWARD & SIDE & CROSS, SIDE:

Rock R fwd, replace weight on L, rock R to side, replace weight on L,
Step R across in front of L, step L to side

5&6,7,8 R SAILOR STEP, TUCK UNWIND 3/4 L:

Step R behind L, step L to side, step R to side,
Tuck L toe behind R heel, unwind 3/4 L transferring weight to L

1,2&3,4 SIDE, BEHIND & CROSS, SIDE:

Step R to side, step L behind R, step R to side, step L across in front of R, step R to side

5,6,7&8 3/4 TURN BACK R, SHUFFLE FWD L:

Turn 1/4 back R rocking back on L, turn 1/2 R stepping R fwd, shuffle fwd L, R, L

&1&2&3,4 & FORWARD & SIDE & CROSS, SIDE:

Step R together with L, rock L fwd, replace weight on R, rock L to side,
replace weight on R, Step L across in front of R, step R to side

5&6,7,8 L SAILOR STEP, TUCK UNWIND 3/4 R:

Step L behind R, step R to side, step L to side,
Tuck R toe behind L heel, unwind 3/4 R transferring weight to R

1,2&3,4 SIDE, BEHIND & CROSS, SIDE:

Step L to side, step R behind L, step L to side, step R across in front of L, step L to side

&5,6&7,8 TOGETHER, ROCK FWD, BACK, TOGETHER, STEP 1/2 PIVOT L:

Step R together with L, rock L fwd, replace weight on R, step L together with R
Step R fwd, pivot turn 1/2 L keeping weight back on R

1&2,3&4 L COASTER STEP, STEP FWD, FULL TURN R FWD:

Step L back, step R back together with L, step L fwd,
Step R fwd, turn 1/2 R stepping L back, turn 1/2 R stepping R fwd
(OPTION: shuffle fwd R, L, R)

5,6&7,8 SIDE, ROCK 1/4 L, 1/2 L, STEP FWD, KICK:

Rock step L to side, replace weight on R turning back 1/4 L, turn 1/2 L stepping L fwd
Step R fwd, kick L fwd (low kick) clicking fingers of both hands at hip height

1&2&3,4 L COASTER SIDE, SIDE, ROCK, BEHIND:

Step L back, step R back together with L, step L fwd,
Rock step R to side, replace weight on L, step R behind L (samba step moving back)

5,6&7,8 ROCK BACK, REPLACE & STEP 1/2 PIVOT L:

Rock back L, replace weight on R, step L together with R,
Step R fwd, pivot turn 1/2 L transferring weight fwd to L

1,2&3,4& R DOROTHY STEP, L DOROTHY STEP:

Step R fwd to 45 degrees R, lock step L behind R, step R to side

Step L fwd to 45 degrees L, lock step R behind L, step L to side

5,6&7,8 R DOROTHY STEP, SIDE-ROCK REPLACE:

Step R fwd to 45 degrees R, lock step L behind R, step R to side

Rock L to side, replace weight on R

1,2&3,4 ROCK FWD, REPLACE, 1/2 L, WALK, WALK:

Rock L fwd, replace weight back on R, turn back 1/2 L stepping L fwd

Walk fwd R, walk fwd L

&5,6,7&8 OUT, OUT, TOUCH, R KICK-BALL STEP:

Step R out to side, step L out to side, touch R besides L

Kick R fwd, step R together with L, step L fwd

END OF DANCE

TAGS AS FOLLOWS:

1: At the end of WALL 1, add the following 4 counts:

1,2,3,4 R ROCKING CHAIR:

Rock R fwd, replace weight back on L, rock R back, replace weight fwd on L

2: At the end of WALL 3, add the following 6 counts:

1,2,3,4 R R ROCKING CHAIR:

Rock R fwd, replace weight back on L, rock R back, replace weight fwd on L

5&6 R R KICK-BALL STEP:

Kick R fwd, step R together with L, step L fwd

3: At the end of WALL 4 add the following 4 counts:

1,2,3,4 R STEP 1/2 PIVOT TURN L, STEP 1/2 PIVOT TURN L:

Step R fwd, pivot turn 1/2 L transferring weight fwd to L

Step R fwd, pivot turn 1/2 L transferring weight fwd to L

The music then slows right down? Add the following ~ 16 counts slowly in time with the music:

1,2,3,4 R SIDE, ROCK-REPLACE, CROSS UNWIND FULL TURN L:

Rock step R to side, replace weight to L

Cross R in front of L, unwind full turn L transferring weight to R

5,6,7,8 R SIDE, ROCK-REPLACE, TOGETHER, SIDE:

Rock step L to side, replace weight on R

Step L together with R, step R to side

1,2,3,4 R 1/4 L, STEP 1/2 PIVOT TURN L, 1/4 L TO SIDE:

Turn 1/4 L to step L fwd, step R fwd, pivot turn 1/2 L transferring weight to L

Turn 1/4 L stepping R to side (BIG STEP)

5,6,7,8 R DRAG SLOWLY TOGETHER, TAKE WEIGHT ON L:

Drag L toe slowly together with R taking weight on L on count 8

(you'll hear a down beat with a guitar chord?)

The music then picks back up to original pace straight away? Restart dance at this point and dance through to the end of the song.

The dance will finish at count 40 (kick with finger clicks) facing the front.

HAVE FUN? & KEEP SMILING? Cathryn :)
