

Lifes A Ride

COPPERKNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Alan Haywood (UK) - August 2005
音樂: Lifes a Ride - Jem : (CD Single or from the Finally Woken Album)



28 count intro, start on vocals

Section 1 L forward, lock R, L forward lockstep, R forward mambo, shuffle 1/2 L

1-2 Step left forward, lock right behind left
3&4 Step forward onto left, lock right behind left, step forward onto left
5&6 Rock forward onto right, recover weight back onto left, step right next to left
7&8 Shuffle 1/2 turn left stepping LRL

Section 2 Lunge, recover, R behind and across, side rock, recover 1/4 R, triple full turn R

1-2 Lunge forward onto right, recover weight back onto left
3&4 Step right behind left, step left to left side, step right across left
5-6 Rock left to left side (lean), recover making 1/4 right
7&8 Make triple full turn right, stepping LRL (easy option left forward shuffle)

Section 3 Tap, kick, R back shuffle, rock back, recover, triple full turn R

1-2 Tap right toe forward in front of left, kick right forward
3&4 Step right back, close left next to right, step right back
5-6 Rock back onto left (lean), recover weight forward onto right
7&8 Make triple full turn right, stepping LRL (easy option left forward shuffle)

Section 4 Sway hips R, L, RLR, L back, R over, L back, cross R over unwind full turn L

1-2 Stepping right slightly forward, sway hips right forward left back
3&4 Sway hips right forward left back right forward
5-6 Step left back, cross step right over left
7-8 Step back onto left, cross right over left and unwind full turn left

(1 count weight ending on right straight into start of dance)

END OF DANCE ? ENJOY! NO TAGS OR RESTARTS!

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