

This Is The Life

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Jehaes Linda & Dupont Robby - August 2008
音樂: This Is the Life - Amy Macdonald : (CD: This Is The Life)



Heel Touch, 1/4 Turn Right Sailor Step, Walk Fwd, Rock & 1/2 Turn Left

- 1 Tap right heel forward
- 2 Tap right heel forward
- 3 1/4 turn right, cross right behind left
- & Step left to left side
- 4 Step right to right side
- 5 Step forward on left
- 6 Step forward on right
- 7 Rock forward on left
- & Recover onto right
- 8 1/2 turn left, step forward on left

Lock Shuffle R & L, Mambo Back, Coaster Step

- 1 Step forward on right
- & Lock left behind right
- 2 Step forward on right
- 3 Step forward on left
- & Lock right behind left
- 4 Step forward on left
- 5 Rock forward on right
- & Recover onto left
- 6 Step back on right
- 7 Step back on left
- & Step right next to left
- 8 Step forward on left

Scissor Step 2x, Vine Right, Heel Ball Cross

- 1 Step right to right side
- & Step left next to right
- 2 Cross right over left
- 3 Step left to left side
- & Step right next to left
- 4 Cross left over right
- 5 Step right to right side
- 6 Cross left behind right
- & Step right to right side
- 7 Tap left heel on left diagonal
- & Step left next to right
- 8 Cross right over left

Left Side Chasse, Cross Rock 1/4 Turn Right, 1/2 Pivot Turn Right, Step, 1/2 Pivot Turn Left

- 1 Step left to left side
- & Step right next to left
- 2 Step left to left side
- 3 Rock right over left
- & Recover onto left

- 4 ¼ turn right, step forward on right
- 5 Step forward on left
- & Make ½ pivot right
- 6 Step forward on left
- 7 Step forward on right
- 8 Make ½ pivot left

Shuffle Right & Left, Side, Behind, Side Rock & Cross

- 1 Step forward on right
- & Step left next to right
- 2 Step forward on right
- 3 Step forward on left
- & Step left next to right
- 4 Step forward on left
- 5 Step right to right side
- 6 Step left behind right
- 7 Rock right to right side
- & Recover onto left
- 8 Cross right over left

Side, Behind, Rock & Cross, Side, Behind, ¼ T Urn Shuffle Right

- 1 Step left to left side
- 2 Step right behind left
- 3 Rock left to left side
- & Recover onto right
- 4 Cross left over right
- 5 Step right to right side
- 6 Step left behind right
- 7 Step right ¼ turn right
- & Step left next to right
- 8 Step forward on right

½ Pivot Turn Right, Shuffle Left, Full Turn Left, Mambo Touch

- 1 Step forward on left
- 2 Make ½ pivot turn right
- 3 Step forward on left
- & Step right next to left
- 4 Step forward on left
- 5 ½ turn left, step back on right
- 6 ½ turn left, step forward on left
- 7 Rock forward on right
- & Recover onto left
- 8 Touch right beside left

Part Rumba Box, Cross Rock & ¼ Turn Left, Lockshuffle Right, Triple Full Turn Right

- 1 Step right to right side
- & Step left next to right
- 2 Step forward on right
- 3 Rock left cross over right
- & Recover onto right
- 4 ¼ turn left, step forward on left
- 5 Step forward on right
- & Left lock behind right
- 6 Step forward on right

- 7 ¼ turn right, step left to left side
- & ½ turn right, step back on right
- 8 ¼ turn right, step forward on left

RESTARTS:

in 2nd wall AFTER count 16

in 4th wall AFTER count 32

TAG: 5th wall AFTER count 62, dance next tag

Touch Left, Monterey Turn ½ Right

- 1 Point left to left side
- 2 Step next beside right
- 3 Point right to right side
- 4 Make ½ turn right stepping right beside left
- 5 Point left to left side
- 6 Step left next to right

ENDING: After 5th wall and Tag, restart and make a ½ pivot turn left (Step forward on right, pivot ½ left) to end at 12:00
