

It's My Life

COPPER **KNOB**
BY STEPHEN HETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Lane Lee (MY) - June 2010
音樂: It's My Life - Bon Jovi



Section 1: Heel Jacks, Heel Step Forward x4

1&2 Cross L over R, Step R to R, Touch L heel diagonally L
&3&4 Step ball of L beside R, Cross R over L, Step L to L, Touch R heel diagonally R
&5&6 Step R beside L, Touch L heel forward, Step L beside R, Touch R heel forward
&7&8&8 Step R beside L, Touch L heel forward, Step L beside R, Touch R heel forward, Step R
beside L (12.00)

Section 2: Pivot ¼ turn Right, Cross shuffle, ½ turn Left, Rock Recover

1,2,3&4 Step L forward, Pivot ¼ turn R, L cross shuffle(3.00)
5,6,7&8 ¼ turn L stepping R back, ¼ turn L stepping L to L, Cross R over L, Recover on L, Step R to
R (9.00)

Section 3: Rock Recover, Pivot ½ turn Left, Forward shuffle, Pivot ½ turn Right

1&2 Cross L over R, Recover weight on R, Step L to L
3,4 Step R forward, Pivot ½ turn L, stepping L forward (3.00)
5&6 Forward shuffle (step R forward, Step L beside R, Step R forward)
7,8 Step L forward, Pivot ½ turn R, stepping R forward (9.00)

Section 4: Left shuffle, Skate Right, Left, Right Shuffle, Triple ¾ turn Left

1&2 Step L forward, Step R beside L, Step L forward
3,4 Skate R, Skate L
5&6 Step R forward, Step L beside R, Step R forward
7&8 Step ½ turn L, Step ball of R beside L, ¼ turn L stepping L forward (12.00) *

Section 5: Step ¼ turn Touch, Left shuffle, ½ turn Shuffle, Rock Recover

1, 2 Step R forward, ¼ turn R and touch L beside R (3.00)
3&4 Left shuffle (Step L to L, Step R beside L, Step L to L)
5&6 ½ turn L, Stepping R to R, Step L beside R, Step R to R (9.00)
7, 8 Step L behind R, Recover weight on R

Section 6: Left Shuffle, ½ turn Right, Step forward Left, Full Turn Left, Step Touch

1&2 Step L to L, Step R beside L, Step L to L
3, 4 Step R back, ½ turn R, Step L forward (3.00)
5, 6 ½ turn L, stepping R back, ½ turn L, stepping L forward (3.00)
7,8 Step R forward, Touch L to L

Tag: 4 counts tag, at the end of the 1st wall (3.00) and end of 4th wall (9.00)

1-4 Hold, pose and sweep left hand from front to side

Restart *: On wall 3, dance up to 32 counts (6.00). Step ball of R beside L (&) - then restart dance.

Tag and Restart: On wall 7, dance up to 16 counts (12.00). Do the 4 count tag (pose and sweep both hands up), then restart.

Ending pose: On wall 10, dance up to 32 counts. Add 2 counts.

1-2 Step R forward, make ½ turn R (12.00) sweeping L to L and pose.

Start again! Let the music touch your soul.

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