

This Life - Tenth Anniversary (2021)

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Rosie Multari (USA) - March 2011
音樂: This Life (feat. Unga) - Future Fambo : (CD: This Life)



Start on vocal singing "Peoples" 16 seconds in
*Give Me Everything by PitBull feat Ne-Yo
*Born This Way by Lady Gaga (128 bpm) CD: Born This Way
Boys Will Be Boys by Paulina Rubio (133 bpm)
Dynamite by Taio Cruz [124 bpm / CD: Rokstarr (Bonus Track Version)
Country songs: Somewhere with You by Kenny Chesney (112 bpm) and
Country Done Come to Town by John Rich (128 bpm)

Start on vocals on each song. All songs available on Amazon.com

[1-8] SIDE STEP & SIDE TAPS

1-4 Step R to side (Styling option: Wide Slide), tap L next to R, Tap L to left side, Tap L next to R
5-8 Step L to side (Styling option: Wide Slide), tap R next to L, Tap R to right side, Tap R next to L

[9-16] BACK & TAP, HIP SWAY & TAP

9-12 Step R back diagonally, tap L next to R Step L back diagonally, tap R next to L
13-16 Step R to the side as you sway hips to right, left, right Tap L next to R

[17-24] STEP SLIDE STEP TAP, ¼ TURN, REPEAT

17-20 Step L forward diagonally, slide R next to L Step L forward diagonally, tap R next to L
21-24 Turn ¼ right, Step R forward diagonally, slide L next to R Step R forward diagonally, tap L next to R

[25-32] SIDE STEP & TAP, WALK BACK & TAP

25-28 Step L to side, tap R next to L (optional Body Roll) Step R to side, tap L next to R (optional Body Roll)
29-32 Step back L, R, L, Tap R next to L
Repeat

Choreographer's note: This was created for new dancers to experience "step & tap" weight changes while encouraging them to add their own styling to the beat! Great floor split for harder dances.

*If using these songs as a floor split for Will Craig's 2 Nite & Craig Bennett's Born This Way, you can either dance it through or do the 16 count tags from those dances at the appropriate times. ENJOY!!!

First Place: Non-country Beginner/Novice @ Showdown 2011

Second Place: Non-country Beginner/Novice @ JG Marathon 2011

Last Update - 26 April 2021