

My Life Story

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 1 級數: Phrased Beginner
編舞者: CH Lim-Naidu - July 2011
音樂: The Story of My Life - Michael Holiday



Start after 16 counts - Sequence: 48, 48, 32, 48, tag(8), 32, 48, 16, end(7)

SIDE, HOLD, TOGETHER, HOLD, SIDE, HEEL, TOGETHER, HEEL

1 – 2 R step R, hold
3 – 4 Step L together R, hold
5 – 6 R step R, touch L heel diagonally L (angle body L)
7 – 8 Step L together R, touch R heel diagonally R (angle body R)

DIAGONAL CHARLESTON, JAZZ BOX 1/8 R TURN

1 – 2 R touch forward, hold (facing 1.00)
3 – 4 R touch back, hold (facing 1.00)
5 – 6 Step R over L, recover on L
7 – 8 1/8 R turn R step R, step L together R

CHARLESTON, FORWARD, ½ R TURN, TOGETHER, HOLD

1 – 2 L touch front, hold
3 – 4 L touch back, hold
5 – 6 Step L forward, turn ½ R
7 – 8 Step L together R, hold

LOCK STEP DIAGONALLY R-SCUFF, LOCK STEP DIAGONALLY L-SCUFF

1 – 4 R step diagonally R, L step behind R, R step fwd, scuff
5 – 8 L step diagonally L, R step behind L, L step fwd, scuff

Restart here

CROSS TOUCH, HOLD, SIDE, HOLD, SWIVEL HEELS L-R-L-C

1 – 2 R touch across L, hold
3 – 4 R step next to L, hold
5 – 8 Swivel heels L-R-L-C

FWD, ½ L TURN, LOCK STEP, POINT, FWD, TOUCH

1 – 2 Step R forward, recover on L turning ½ L
3 – 4 Step R forward, step L behind R
5 – 6 Step R forward, L point L
7 – 8 Step L forward, R touch by L

Tag: 1 – 8 Paddle L (full turn)

END: Section 3:

5 – 6 Step L forward, ¼ R turn recover R
7 Step L together R & pose (with a bigger smile!!)

Cheers & God bless