

It's My Life (aka Gone)

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Earleen Wolford (USA) - January 2012
音樂: It's My Life - No Doubt
或: Gone - Montgomery Gentry



Other music: Somebody like you-Keith Urban, Bringin' da noise-Nsync, Lets dance-Five.

[1-8] SLIDE LEAN, DRAG, BODY ROLL, WALKS

1,2 Step our R (while slightly leaning to right) (1), Drag R toe next to L (2)
3,4 Body roll (starting with head, rolling down shoulders, hips, knees) (3,4)
5-8 Step forward R, L, R, L (5-8) (left takes weight) (12:00)

[9-16] KICK R, STEP, TOUCH, BUMPS, STEP, TOUCH, ¼ TURN SWEEP

9&10 Kick R forward (9), Step back on R (&), Touch L toe forward (10)
11&12 Bump L hip forward 2 times (11&12) (keep weight on R)
13,14 Step down on L (13), Touch R next to L (14) (left takes weight)
15,16 ¼ turn sweep to left with R toe, while pivoting on left foot (15,16) (9:00)

[17-24] KICK, OUT OUT, HEEL LIFTS, CROSS, STEP, TOUCH, ¼ TURN HEEL LIFTS

17&18 Kick R forward (17), Step back R out to R (&), Step back L out to L (18)
19&20 Lift both heels up/down, using both knees to pop up/down
21&22 Cross R over L (21), Step back on L (&), Touch R forward (22)
23&24 Lift both heels up/down, while pivoting 1/4 turn to left, using both knees to pop up/down (L takes weight on count 24) (6:00)

[25-32] CROSS HEEL JACKS R&L, ¼ TURN L CROSS HEEL JACKS, STEP BACK, HITCH

25&26 Cross R over L (25), Step L to left (&), Touch R heel forward (26)
27&28 Cross L over R (27), Step R to right (&), Touch L heel forward (28)
29&30 ¼ turn left on L crossing R over L (29), Step back on L (&), Touch R heel Forward (30)
&31 Step back on R (&), touch L toe forward (31)
&32 Step L to center (&), Hitch R next to L (32) (L takes weight) (3:00)

START AGAIN...and feel the LIFE!!

Dedicated to: KIM BOWERS!! THX!