

Live It Up

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Irene Tang (HK) - October 2012
音樂: Back 2 Life (Live It Up) (feat. T.I.) - Sean Kingston : (iTunes)



Count In: 16 counts after heavy beat (approx 21 sec)

SEC 1: 2 WALK, MAMBO 1/4, EXTENDED WEAVE 1/2

1-2 Step RF fwd, Step LF fwd
3&4 Rock RF fwd, Recover on LF, Turn 1/4 R stepping RF to R (3:00)
5&6& Cross LF over RF, Step RF to R, Cross LF behind RF, Step RF to R
7&8 Cross LF over RF, Turn 1/4 R stepping RF back, Turn 1/4 R stomping LF fwd (9:00)

SEC 2: 2 X SIDE BACK CROSS, 2 X STEP PIVOT 1/2

1-2& Step RF big step to R, Rock LF back, Cross RF over LF
3-4& Step LF big step to L, Rock RF back, Cross LF over RF
5-6 Step RF fwd, pivot 1/2 L transferring weight to LF (3:00)
7-8 Step RF fwd, pivot 1/2 L transferring weight to LF (9:00)

SEC 3: CROSS ROCK, RECOVER, 1/4 SAILOR FWD, RUN CURVY 1/2 L

1-2 Cross RF over LF, Recover on LF
3&4 Turn 1/8 R stepping RF back, Turn 1/8 R stepping LF slightly to L, Step RF fwd
(Slightly torque upper body to R locking thighs together preparing for the runs in curve) (12:00)
5&6& Start 1/2 L running small step fwd in curve L-R-L-R (9:00)
7&8 Run small step fwd L-R-L completing 1/2 L (6:00)

SEC 4: JAZZ 1/2, OUT OUT, KICK BALL POINT, TOE SWITCHES

1-2 Cross RF over LF, Close LF to RF turning 1/2 R (12:00)
3-4 Step RF out to R, Step LF out to L
5&6& Kick RF fwd, Step RF down, Point LF to L, Close LF to RF
7&8& Point RF to R, Close RF to LF, Point LF to L, Close LF to RF

SEC 5: FWD, 1/2, STEP PIVOT 1/2, BACK ROCK, RECOVER, 3/4 TURN, SIDE

1-2 Step RF fwd, Pivot 1/2 R hitching LF up (6:00)
3-4 Step LF fwd, pivot 1/2 R with weight keeping on LF (12:00)
5-8 Rock RF back, Recover to LF, Close RF to LF turning 3/4 L, Step LF to L (3:00)

SEC 6: FWD, RECOVER, SAILOR STEP, SAILOR STEP, FWD, TRIPLE FULL TURN

1-2 Rock RF fwd, Recover on LF sweeping RF to back
3&4 Step RF behind LF, Close LF to RF, Step RF diag fwd (4:00)
&5& Step LF behind RF, Close RF to LF, Step LF diag fwd (do the fast sailor steps on ball) (2:00)
6 Step RF fwd slightly across left (lock thighs together to help next turn) (3:00)
7&8 Unwind triple full turn left LRL

ENDING: After Wall 6 facing 6:00, Do Section 1 with a mambo 1/2 instead to 12:00, do the extended weave a bit faster with no turn (5&6&7), end with stepping RF big step to R

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