

# Live It Up

**COPPER KNOB**  
BY STEPHEN BRETZ

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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