

Life Is Good

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: David Sinfield (UK) - February 2013
音樂: Life is Good - Gord Bamford : (iTunes)



TOE HEEL CROSS, TOE HEEL CROSS, COASTER, STEP PIVOT STEP

1&2 Touch right toe to left instep, dig right heel down, cross right over left
3&4 Touch left toe to right instep, dig left heel down, cross left over right
5&6 Step right back, step left beside right, step right forward
7&8 Step left forward, pivot ½ turn right, step left forward

SCISSOR STEP, CHASSE LEFT, TOUCH, SCISSOR STEP, CHASSE LEFT

1&2 Step right to right, step left beside right, cross right over left
3&4& Step left to left, close right beside left, step left to left, touch right beside left
5&6 Step right to right, step left beside right, cross right over left
7&8 Step left to left, close right beside left, step left to left

ROCK ¼ TURN STEP, STEP PIVOT STEP, STEP LOCK STEP, KICK BALL STEP

1&2 Rock forward right, replace weight onto left, step right into ¼ turn right
3&4 Step forward left, pivot ½ turn right, step forward left
5&6 Step forward right, lock left behind right, step forward right
7&8 Kick left forward, step left down, step right forward

STEP PIVOT STEP, STEP LOCK STEP, KICK BALL CHANGE, COASTER STEP

1&2 Step left forward, pivot ½ turn right, step left forward,
3&4 Step right forward, lock left behind right, step right forward
5&6 Kick left forward, step left down, step right beside left
7&8 Step left back, step right beside right, step forward left

Contact: thighslappincowboy@hotmail.com