

Life's Direction

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: High Improver
編舞者: David Sinfield (UK) - November 2013
音樂: Story of My Life - One Direction : (iTunes)



Dance starts on lyrics

SIDE ROCK, CROSS SHUFFLE, POINT FLICK, CROSS SHUFFLE

1-2 Rock right to right, replace weight onto left
3&4 Cross right over left, step left to left, cross right over left
5-6 Point left toe to left, flick left foot behind left shin
7&8 Cross left over right, step right to right, cross left over right

SIDE, CLOSE, RIGHT CHASSE ¼ TURN, ROCK FORWARD, SHUFFLE ½ TURN LEFT

1-2 Step right to right, close left beside right
3&4 Step right to right, close left beside right, step right into ¼ turn right
5-6 Rock forward on left, replace weight onto right
7&8 Shuffle ½ turn left stepping left-right-left

CROSS, SIDE, SAILOR STEP, CROSS, SIDE, SAILOR ¼ TURN LEFT

1-2 Cross right over left, step left to left
3&4 Cross right behind left, step left to left, step right slightly right
5-6 Cross left over right, step right to right
7&8 Cross left behind right, step right to right, step left into ¼ turn left

KICK RIGHT FORWARD, SIDE, RIGHT SAILOR, KICK LEFT FORWARD, LEFT SAILOR

1-2 Kick right foot forward, kick right foot to right side
3&4 Cross right behind left, step left to left, step right in place
5-6 Kick left foot forward, kick left foot to left side
7&8 Cross left behind left, step right to right, step left in place

WALK RIGHT, LEFT, SCISSOR CROSS, ¼ TURN RIGHT, STEP RIGHT BACK, CROSS SHUFFLE

1-2 Walk forward right, walk forward left
3&4 Step right to right, close left beside right, cross right over left
5-6 Step left into ¼ turn right, step back right
7&8 Cross left over right, step right to right, cross left over right

SIDE ROCK, CROSS SHUFFLE, ROCK ¼ TURN, SHUFFLE ½ TURN RIGHT

1-2 Rock right to right, replace weight onto left
3&4 Cross right over left, step left to left, cross right over left
5-6 Rock left to left, turn a ¼ turn right replacing weight onto right
7&8 Shuffle ½ turn right stepping left-right-left

BACK ROCK, RIGHT SHUFFLE, STEP PIVOT, LEFT SHUFFLE

1-2 Rock back on right, replace weight onto left
3&4 Step forward right, close left beside right, step right forward
5-6 Step left forward, pivot ½ turn right
7&8 Step left forward, close right beside left, step left forward

MAMBO FORWARD, MAMBO BACK, STEP PIVOT, TOE BALL, CROSS

1&2 Rock forward on right, replace weight onto left, step right beside left
3&4 Rock back on left, replace weight onto right, step left beside right

5-6 Step forward right, pivot ½ turn left

7&8 Touch right toe forward, step right beside left, cross left over right

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