

Story of My Life

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Wanda Heldt (AUS) - November 2013
音樂: Story of My Life - One Direction



INTRO.....20 counts - Done once - only

Start on words...ct.16 'Written on these walls' dance 4th Walls - on the 5th Wall leave out Last 4 cts. **

[1-8] JAZZ BOX IN PLACE, JAZZ BOX with a 1/4 turn Right

1- 4 Step Right across Left, Step back on left, Step together Right. Left. [Wt. on L]
5- 8 Step Right across Left, Step back on left with a 1/4 turn Right, Step together Right. Left. [Wt. on L] [3:00]

[1-8] LOCK STEP, SHUFFLE, 1/4 TURN LEFT LOCK STEP SHUFFLE

1- 4 Step forward on Right, Step Left behind Right, Right Shuffle forward R.L.R.
5- 6 1/4 turn Left on balls of Right step forward on Left, Step Right behind Left,
7&8 Left Shuffle forward L.R.L. [12:00] On the 6th Wall - at 12:00 Start Main Dance.

[1-4] 1/2 PIVOT TURN LEFT, 1/4 PIVOT TURN LEFT

1-4 Step forward on Right 1/2 turn Left, Step forward on Right 1/4 turn Left [Keeping your weight on Left]

MAIN DANCE starts at [12:00] on MAIN vocal on the words [Story of My Life]**

[1-8] SHUFFLE 1/2 TURN R.L.R, ROCK BACK, RECOVER, SHUFFLE 1/2 TURN L.R.L, ROCK BACK, RECOVER

1&2 1/2 turn Left as you Shuffle back R.L.R.
3-4 Rock back on Left, Recover on Right.
5&6 1/2 turn Right as you Shuffle back L.R.L.
7-8 Rock back on Right, Recover on Left.

[1-8] RIGHT TOE STRUTS, LEFT TOE STRUTS, ROCK BACK, RECOVER, STEP, HOLD

1- 2 Right toe forward, drop heel onto floor placing weight onto Right foot.
3- 4 Left toe forward, drop heel onto floor placing weight onto Left foot.
5- 8 Rock back on Right, Recover on Left, Step Right next to Left, Hold. [Wt. on L]

[1-8] 2 X 1/2 MONTEREY TURNS

1- 2 Touch Right toe to Right side, on ball of left foot 1/2 turn Right and step on Right.
3- 4 Touch Left toe out to Left side, Step Left next to Right. [6:00]
5- 6 Touch Right toe to Right side, on ball of left foot 1/2 turn Right and step on Right.
7- 8 Touch Left toe out to Left side, Step Left next to Right. [12:00]

[1-8] KICK BALL CHANGE, WEAVE LEFT with a 1/4 TURN, RIGHT KICK BALL CHANGE

1&2 Kick Right foot forward, Step onto ball of Right next to Left and lift Left foot slightly off the floor,

Replace weight on Left.

3- 6 Step Right across Left, Step on Left, Step Right behind left, 1/4 Turn Left as you Step forward on Left. [9:00]

7&8 Kick Right foot forward, Step onto ball of Right next to Left and lift Left foot slightly off the floor,

Replace weight on Left.

Restart...Main dance

HAVE FUN IN LIFE AND IN DANCE

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