

The Story Of My Life

COPPER KNOB
STEP SHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Craig Bennett (UK) - November 2013
音樂: Story of My Life - One Direction : (Album: Midnight Memories)



[1-8] Side rock, Cross shuffle, Side Rock, Recover, Rock back, Recover

1, 2 Rock right to right side, Recover back onto left
3&4 Cross right over left, Step left to left side, Cross right over left
5, 6 Rock left to left side, Recover on to right
7, 8 Rock back on left, Recover forward onto right

[9-16] Side rock, Cross shuffle, Side Rock, Recover, Rock back, Recover

1, 2 Rock left to left side, Recover back onto right
3&4 Cross left over right, Step right to right side, Cross left over right
5, 6 Rock right to right side, Recover onto left
7, 8 Rock back onto right, Recover forward onto left

[17-24] Step 1/4 turn, Walk, Walk, Shuffle forward, Rock recover

1, 2 Step forward onto right, 1/4 turn pivot left (9:00)
3, 4 Walk forward right, Walk forward left
5&6 Step right foot forward, Step left next to right, Step forward onto right
7, 8 Rock forward onto left, Recover back onto right

[25-32] Back sweep, Back sweep, Behind side, Cross shuffle

1, 2 Step back onto left, Sweep right around to back
3, 4 Step back onto right, Sweep left around to back
5, 6 Cross left behind right, Step right to right side
7&8 Cross left over right, Step right to right side, Cross left over right **

[33-40] Point Hold, Point Hold, Monterey 1/4 turn

1, 2 Point right to right side, Hold
&3, 4 Step right next to left, Point left to left side, Hold
&5, 6 Point right to right side, Make 1/4 turn right stepping right next to left (12:00)
7, 8 Point left to left side, Touch left next to right

[41-48] Roll to Left, Shuffle 1/4 Turn Jazz Box 1/2 Turn

1, 2 1/4 turn left onto left foot, 1/2 turn left onto right foot
3&4 1/4 turn left onto left , 1/4 turn left bringing right next to left, step forward onto left (12:00)
5, 6 Cross right over left, step back on left
7, 8 Make 1/2 turn right onto right foot. Step forward left (6:00)

[49-56] Step brush, Step brush, Right jazz box

1, 2 Step forward onto right, Brush left past right
3, 4 Step forward onto left, Brush right past left
5, 6 Cross right over left, Step back onto left
7, 8 Step right to right side, Step forward onto left

[57-64] Rock forward recover, Rock back recover, 1/2 turn, 1/4 turn

1, 2 Rock forward onto right, Recover back onto left
3, 4 Rock back onto right, Recover forward onto left
5, 6 Step forward onto right, Make a 1/2 turn pivort left
7, 8 Step forward onto right, Make a 1/4 turn pivort left

****Restart dance on walls 2, 5 after count 32**
