

The Sweet Life

COPPER **NOB**
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Carrie Ann Green (ES) - April 2014
音樂: This Is the Life - Sweet California



16 Count intro - 1 Tag, 1 Restart

Section 1: Right Sailor Step, Left Mambo back, Monterey ½ Turn, Switch and Switch

1&2 Cross right behind left, step left to side, step right to side
3&4 Rock left back, recover onto right, step left beside right
5-6 Point right toe to right side, pivot ½ right bringing right foot in place (6.00)
7&8 Point left toe to left side, & step left foot in place, point right foot to right side

Restart the dance here on wall 10 facing 3.00

Section 2: Ball cross ¼ turn Left, Coaster Step, Walk forward Right, Left (or Full turn Left), Shuffle Forward

&1-2 Step down on right, cross left over right, make ¼ turn left stepping right foot back (3.00)
3&4 Step left foot back, close right beside left, step forward left
5-6 Walk forward right, left (optional full turn Left)
7&8 Shuffle fwd Right, (R,L,R)

Section 3: Rock forward, recover, Turn, Turn, Rock back, recover, step, ½ pivot right

1-2 Rock forward on Left, recover onto right
3-4 turning ½ turn Left Stepping Forward on Left (9.00) turning ½ turn Left Stepping back on Right (3.00)

(Counts 3-4 are a full rolling turn back - Alternative step – walk back on left, right)

5-6 Rock back on left, recover onto right
7-8 Step forward on left, 1/2 pivot turn right (9.00)

Section 4: Side Strut, Turn Strut, Turn Strut, (or Side strut, cross strut, side strut) Stomp, Kick

1-2 Touch left toe to side, drop left heel down (click fingers)
3-4 ¼ turn left (pivot on ball of left) touch right to right side, drop right heel down (click fingers) (6.00)
5-6 ¼ turn right (pivot on ball of right) touch left to left side drop left heel down (click fingers) (9.00)

(Alternative steps 1- 6: Left side strut, Right cross strut over left, Left side strut)

7-8 Stomp Right foot, Kick Right to right diagonal

Tag end of wall 4 facing 12.00, 8 counts:

1 2 &3 4 Step Right to Right side, Hold, Ball Step Right, touch left
5 6 &7 8 Step Left to Left side, Hold, Ball Step Left, kick right to right diagonal

End of dance facing 9.00 after Stomp, Kick, do a sailor ¼ turn to the right to face front wall

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Last Update - 27th April 2014