

We Only Live Once

COPPER KNOB
BY STEPHEN BERTS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Linda Burgess (AUS) - June 2014
音樂: We Only Live Once - Shannon Noll : (Single - iTunes)



Intro: □ When the lyrics start... count 1-32... then start on Lyrics "Sky" - Dance turns anti-clockwise

[1-8] □ SIDE/ROCK, REPLACE, CROSS, BALL, JACK, BALL, CROSS, BALL, JACK, BALL, CROSS, ¼ BACK, ½ FWD

1&2&3&4 Rock/step R to R, replace weight to L, cross/step R over L, step L to L, touch R heel to R45deg, step R slightly back, cross/step L over R

&5&6,7,8 Step R to R, touch L heel to L45deg, step L slightly back, cross/step R over L, ¼ turn R & step back L, ½ turn R & step fwd R

[9-16] □ PIVOT ½, SHUFFLE FWD, BOX STEPS BACK DIAGONALLY

1,2,3&4 Step fwd L, pivot ½ turn R, shuffle fwd L,R,L

5&6,7&8 Cross/step R over L, step L back to slight L diagonal, step back to slight R diagonal, cross/step L over R, step R back to slight R diagonal, step L back to slight L diagonal

[17-24] □ (Body facing centre) CROSS, SIDE, BEHIND, ¼ L, STEP, PIVOT ¼ R, TOGETHER, ROCK/SIDE, REPLACE, TOGETHER, ROCK/SIDE, REPLACE, TOGETHER

1&2&3,4 Cross/step R over L, step L to L, cross/step R behind L, turn ¼ L & step fwd L, step fwd R, pivot ¼ turn L (weight to L)

&5,6&7,8& Step R beside L, rock/step L to L, replace weight to R, step L beside R, rock/step R to R, replace weight to L, step R beside L

[25-32] □ ¼, ½, ½ SHUFFLE FWD, ROCKING CHAIR, STEP, PIVOT ¼ L

1,2,3&4 Turn ¼ L & step fwd L, turn ½ L & step back R, turn ½ L & shuffle fwd L,R,L

5&6&7,8 Rock/step fwd R, replace weight to L, rock/step back R, replace weight to L, step fwd R, pivot ¼ turn L. (weight to L).

Begin again!

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