

We Live Once

COPPERKNOB
BY STEPHEN HETS

拍數: 64 牆數: 4 級數: Phrased Intermediate
編舞者: Glenda Silver (AUS) - August 2014
音樂: We Only Live Once - Shannon Noll



Starts quick 8 beats on vocals - Seq: AAB, AAB, BBA, B, B, B, B PART A

PART A – 32 counts

Rock Right, Behind Side Cross

1, 2, 3&4 Rock side right onto right, replace weight onto left step right behind left, step left to side & cross right over left.

Rock Left, Behind Side Cross

5, 6, 7&8 Rock side left onto left, replace weight onto right. Step left behind right, step right to side & cross left over right.

Right Kick Ball Change x 2

1&2, 3&4 Kick right forward, replace onto ball of right, replace weight onto left. Repeat.

Rock Forward, Right Coaster Step

5, 6, 7&8 Rock forward on right, replace back onto left, step right back, step left together, step right forward.

Rock Left, Behind Side Cross

1, 2, 3&4 Rock side left onto left, replace weight onto right, step left behind right, step right to side & cross left over right.

Rock Right, Behind Side Cross

5, 6, 7&8 Rock side right onto right, replace weight onto left, step right behind left, step left to side & cross right over left.

Left Kick Ball Change x 2

1&2, 3&4 Kick left forward, replace onto ball of left, replace weight onto right. Repeat,

Rock Left Forward, 1800 Left Shuffle

5, 6, 7&8 Rock forward onto left, replace onto right, turn 1800 left, shuffle forward left, right, left.

PART B – 32 counts

Side Rock Cross Right, Side Rock Cross Left

1&2, 3&4 Moving forward rock onto side right, replace weight onto left and cross right over left. Rock onto left side, replace weight onto right and cross left over right.

Rock Forward Right, 3600 Right Turn

5, 6, 7&8 Rock forward onto right, replace weight onto left, turn 3600 over right shoulder right, left, right.

Rock Forward Left, Turn 2700 Left

1, 2, 3&4 Rock forward onto left, replace weight onto right, turn 2700 over left shoulder left, right, left.

Side Shuffle Right, Rock Back

5&6, 7, 8 Side shuffle to right side right, left, right ending with weight on right. Rock back on left and replace weight onto right.

Side Shuffle Left, Rock Back

1&2, 3,4 Side shuffle to left side left, right, left ending with weight on left. Rock back on right and replace weight onto left.

Rock Forward Right, Back Left, Walk Back

5, 6, 7, 8 Rock forward onto right, replace back onto left, walk back right, left.

Right Coaster Step Back, Pivot Turn Right

1&2, 3, 4 Step right back, step left together, step right forward. Step forward on left and pivot 180° right (weight on right)

Shuffle 180° Right, Rock Back Left

5&6, 7, 8 Continue turning over right shoulder 180° shuffling back left, right, left. Rock back onto right and replace weight onto left.

To finish, dance first 28 beats of last sequence then shuffle forward left right left and walk forward right left.

Note: Thank you to Leanne for assistance with the sequence of the dance

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Last Update - 4th Sept 2014
