

I Love This Life (aka Stagecoach Shuffle)

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Annemarie Dunn (USA) - April 2015
音乐: I Love This Life - LOCASH



START after 16counts

TAG/RESTART end of wall 8

S1: 2 sets Heel Grind rock & coaster steps

1,2, R heel fwd (grind), transfer weight to L
3&4 step R back then step L next to R then step R forward
5,6, L heel fwd (grind), transfer weight to R
7&8 step L back then step R next to L then step L forward

***INT option – full turns on coaster steps (3&4 R triplestep turn 7&8 L triplestep turn)

S2: Fwd R shuffle, ½ R pivot turn, Fwd L shuffle, R knee slap/hitch 2 stomps

1&2, 3-4 step R-L-R traveling fwd, step L fwd ½ R pivot turn, step R (6:00)
5&6, 7&8 step L-R-L traveling fwd, Lift R knee & slap with both hands then R&L stomps

***INT option – R full turn on shuffle step 5&6

S3: 2 side point switches, 2 heel switches & L hook rock-step, L back shuffle

1&2& R side point transfer weight to R, L side point transfer weight to L
3&4& R heel fwd transfer weight to R, L heel fwd ****lift L heel to “hook”
5-6, 7&8 L step fwd transfer weight to R, step traveling back L-R-L

S4: R back rock-step, 3 R foot paddle turn/stomps w/ hands & shouts turning L

1-2 R step back transfer weight to L
3-4 shout “LOVE” with hands lifted up while R stomp fwd ¼ L pivot transfer weight to L
5-6 shout “THIS” with hands lifted up while R stomp fwd ¼ L pivot transfer weight to L
7-8 shout “LIFE” with hands lifted up while R stomp fwd ¼ L pivot transfer weight to L (end facing 9:00)

***TAG/RESTART 6ct end of wall 8 repeat 3 paddles/shouts counts 3-8 and you will end up back at the same wall you started wall 8 then just continue with dance at start like usual.

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