

Life After Life

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Phrased Improver
编舞者: Queen (CN) & Ping Chen (CN) - September 2017
音乐: Faded (凉凉) (Remix Mashup) - Aska Yang (杨宗纬) & Zhang Bichen (张碧晨) & Alan Walker



Intro: 16 counts

Sequence: AA Tag BBBB AABBBB ENDING

A – 32 counts

Sec A1: [1-8] CROSS ROCK, SLIDE, DRAG, CROSS ROCK, SLIDE, DRAG

12 Rock R in front of L, Recover to L
34 Take a big step R to R side, Drag L toward to R
56 Rock L in front of R, Recover to R
78 Take a big step L to L side, Drag R toward to L

Sec A2: [9-16] BACK ROCK, FULL TURN, FORWARD ROCK, 1/4 TURN SLIDE (3:00)

12 Rock R back, Recover to L
34 Turn 1/2 L step R back, Turn 1/2 L step L forward (12:00)
56 Rock R forward, Recover to back
78 Turning 1/4 R take a big step R to R side, Drag L toward to R(3:00)

Sec A3: [17-24] CROSS, POINT, 1/4 TURN CROSS, POINT, JAZZ BOX (6:00)

12 Cross L in front R, Point R toe to R side
34 Turn 1/4 R cross in front of L, Point L to L side (6:00)
5678 Cross L in front of R, Step R back, Step L to L side, Cross R in front of L

Sec A4: [25-32] SIDE MAMBO, 3/4 TURN L, FORWARD SHUFFLE (9:00)

123 Rock L to L side, Recover to R, Cross L in front of R
56 Turn 1/4 L Step R back, Turn 1/2 L step R forward (9:00)
7&8 Step L forward, Step R next to L, Step L forward

B – 16 counts

Sec B1: [1-8] WALK FULL TURN, 1/4 TURN CROSS, POINT, CROSS, POINT (12:00)

1234 Walk 4 step for full turn R,L,R,L
5678 Turn 1/4 R cross in front of L, Point L to L side, Cross L in front R, Point R toe to R side(12:00)

Sec B2: [9-16] WALK FORWARD, FORWARD ROCK, WALK BACK, BACK ROCK

1234 Walk forward R, L, Rock R forward, Recover to L
5678 Walk back R, L, Rock R back, Recover to L

ENDING: 16 Counts

[1-8] WALK FULL TURN R, TOUCH

1-7 Take slow small step walk 7 step for full turn R,L,R,L,R,L,R
8 Touch L next to R

[9-16] WALK FULL TURN L, TOUCH

1-7 Take slow small step walk 7 step for full turn L,R,L,R,L,R,L
8 Touch R next to L

NOTE: at the last rhythm, facing 12:00 you can make a beautiful ending pose.

HAVE YOUR FUN!

CONTACT: 331656671@qq.com 周亚军
Chenping660803@outlook.com 陈萍
