

Stille Liv (Quiet Life)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Improver
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音乐: Stille Liv - Jascha Richter



Intro: 16 counts after 1'st beat (appr. 10 sec) Start with weight on L foot

Restart: On wall 4 after 7 counts- Change the step ¼ turn (8&) and make cross rock instead (*6:00)

Ending: Make cross rock side

#1 section: ½ rhumba box back, coaster step, walk walk, , step ¼ turn

1-2-3 Step R to R side, step L next to R, step back on R 12:00
4&5 Step back on L, step R next to L, step fw. on L 12:00
6-7 Walk fw. R, walk fw. L (*6:00-Change steps 8&) 12:00
8& Step fw. on R, make ¼ turn L stepping L to L side 9:00

#2 section: Cross 2 X ¼ turn, cross rock side, cross side, sweep ¼ turn back rock(Sailor ¼ turn)

1-2-3 Cross R over L, make ¼ turn R stepping back on L, make ¼ turn R stepping R to R side 3:00
4&5 Cross rock L over R, recover on R, step L to L side 3:00
6-7 Cross R over L, step L to L side 3:00
8& Sweep R ¼ turn R rocking back on R, recover on L 6:00

#3 section: Step rock recover, shuffle ½ turn, step ½ turn, step lock

1-2-3 Step fw. on R, rock fw. on L, recover on R 6:00
4&5 Make ¼ turn L stepping L to L side, step R next to L, make ¼ turn L stepping fw. on L 12:00
6-7 Step fw. on R, make ½ turn L stepping fw. on L 6:00
8& Step fw. on R, lock L behind R 6:00

#4 section: Step step ¼ turn, triple step on spot, step ¼ turn, cross rock

1-2-3 Step fw. on R, step fw. on L, make ¼ turn R stepping R to R side 9:00
4&5 Step L-R-L on spot 9:00
6-7 Step fw. on R, make ¼ turn L stepping L to L side 6:00
8& Cross rock R over L, recover on L 6:00

Good Luck & N'joy!

(Contact: Kimliebsch on Instagram and liebsch@ymail.com)