

Single Life!

COPPER KNOB
STEPPERS

拍数: 64 墙数: 2 级数: Easy Intermediate
编舞者: Stephen Paterson (AUS) - September 2021
音乐: Single Life - Brad Cox



#120 BPM, 3 easy restarts, no tags, start dance after 32 count instrumental intro

[1-8] Towards L45: Walk R, L, Rock Forward, Recover, Shuffle R Back, L Back, Straighten R Side

1 2 3 4 Facing 10.30 diagonal: Walk forward R, L, rock step R forward, recover weight back onto L - 10.30
5 & 6 Step R back, step L beside R (&), step R back (right shuffle back)
7 8 Step L back, turn 1/8 right then step R out to side - 12.00

[9-16] Towards R45: Walk L, R, Rock Forward, Recover, Shuffle L Back, R Back, Straighten L Side

1 2 3 4 Facing 1.30 diagonal: Walk forward L, R, rock step L forward, recover weight back onto R - 1.30
5 & 6 Step L back, step R beside L (&), step L back (left shuffle back)
7 8 Step R back, turn 1/8 left then step L out to side - 12.00

[17-24] Step R Across, Point L Side, L Across, Point R Side, Rock R Across, Recover, Rock R Back, Recover

1 2 Step R forward and across L, sweep L to point L out to side
3 4 Step L forward and across R, sweep R to point R out to side
5 6 Rock step R across L (body facing 10.30), recover weight back onto L in place
7 8 * Rock step R back (body facing 1.30), recover weight forward onto L in place (swinging rocking chair) 12:00

* (restart here on wall 3 to 12.00)

[25-32] Step R Across, Tap L Toe, L Back, R Back, L Across, Tap R Toe, R Back, L Side

1 2 Step R across L, tap L toe in behind R, (body facing 10.30)
3 4 Step L back, step R back on R diagonal
5 6 Step L across R, tap R toe in behind L (body facing 1.30)
7 8 ** Step R back, step L out to side - 12.00

** (restart here on wall 4 to 12.00)

[33-40] Step R Forward, Pivot 1/2 Left, Walk Forward R, L, Rock R Forward, Recover, R Coaster Cross

1 2 Step R forward, pivot 1/2 left taking weight onto L in place - 6.00
3 4 # Walk forward R, L

(restart here on wall 6 to 12.00)

5 6 Rock step R forward, recover weight back onto
7 & 8 Step R back, step L beside R (&), step R across L (right coaster cross) 6.00

[41 – 48] Step L Side, Hold, Ball, Side, Touch, Weave Right: Side, Behind, Side, Across

1 2 & 3 4 Step L out to side, hold, step ball of R beside L (&), step L out to side, touch R beside L
5 6 7 8 Step R out to side, step L behind R, step R out to side, step L across R - 6.00

[49 – 56] Step R Side, Hold, Ball, Side, Touch, Weave Left: Side, Behind, Side, Brush Across

1 2 & 3 4 Step R out to side, hold, step ball of L beside R (&), step R out to side, touch L beside R
5 6 7 8 Step L out to side, step R behind L, step L out to side, brush ball of R across L - 6.00

(optional turn for 5 - 8 : turn 1/4 L then step L forward, turn 1/2 left then step R back, turn 1/4 left then step L out to side, brush ball of R across L)

[57 – 64] Right Jazz Box Cross, Rock R Side, Recover, R Behind, L Side

1 2 3 4 Step R across L, step L back, step R out to side, step L across R (R jazz box cross)

5 6 Rock step R out to side, recover weight onto L in place
7 8 Step R behind L, step L out to side - 6.00

RESTARTS:

*** On wall 3, dance up to count 24 and restart to the front**

**** On wall 4, dance up to count 32 and restart to the front**

On wall 6, dance up to count 36 and restart to the front

ENDING: On wall 8, dance up to count 45, (right out to side).

This is an original dance sheet, feel free to copy without change for distribution

Last Update: 9 Feb 2023
