

Life Story

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: High Improver
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音乐: IF KARMA DOESN'T GET YOU (I WILL) - Lauren Spencer Smith



Section 1: Side rock, recover, sailor step, behind, step fwd with 1/4 turn, side step with 1/4 turn, sailor step, behind

1-2 RF side rock to the R side, recover on LF (12:00)
(arms: push both hands to the side and recover)
3&4& RF cross behind LF, LF step slightly to the L side, RF step slightly to the R side, LF cross behind RF (12:00)
5-6 RF step forward with 1/4 turn to the R, LF step to the L side with 1/4 turn to the R (06:00)
7&8& RF cross behind LF, LF step slightly to the L side, RF step slightly to the R side, LF cross behind RF (06:00)

Section 2: Step forward with back flick, together and down, run-run, rock fwd, recover with back sweep, step back with back sweep, coaster step, ball

1-2 RF step forward to the R diagonal with a back flick with the L leg (arms: raise your right hand), LF step next to RF and go down bending little both knees
(arms: bring your right hand) (06:00)
3&4 RF step forward, LF step forward, RF rock forward (06:00)
5-6 Recover on LF with RF sweep back, RF step back with LF sweep back (06:00)
7&8& LF step back, RF step next to LF, LF step forward, RF step next to LF (06:00)

Section 3: Rock fwd, recover, coaster step, stomp out X2, behind, step fwd with 1/4 turn, step fwd

1-2 LF rock forward, recover on RF (06:00)
3&4 LF step back, RF step next to LF, LF step forward (06:00)
5-6 RF stomp forward to the R side, LF stomp forward to the L side (06:00)
7&8 RF cross behind LF, LF step forward with 1/4 turn to the L, RF step forward (03:00)

Section 4: Rock fwd, recover, shuffle fwd with 1/2 turn, side & touch X2, vine with 1/4 turn

1-2 LF rock forward, recover on RF (03:00)
3&4 LF step to the L side with 1/4 turn to the L, RF step next to LF, LF step forward with 1/4 turn to the L (09:00)
5&6& RF step to the R side, LF touch next to RF, LF step to the L side, RF touch next to LF (09:00)
7&8 RF step to the R side, LF cross behind RF, RF step forward with 1/4 turn to the R (12:00)

Section 5: Rock fwd, recover with back sweep, behind, side, cross, side rock, recover, behind, side, step fwd

1-2 LF rock forward, recover on RF with a LF sweep back (roll hips) (12:00)
3&4 LF cross behind RF, RF step to the R side, LF cross over RF (12:00)
***RESTART**
5-6 RF side rock to the R side, recover on LF (roll hips) (12:00)
7&8 RF cross behind LF, LF step to the L side, RF step forward (12:00)

Section 6: Step fwd, pivot with 1/2 turn, step-lock-step fwd with sweep fwd, cross-back-back X2, flick behind

1-2 LF step forward, pivot with 1/2 turn to the R (06:00)
3&4 LF step forward, RF cross behind LF, LF step forward with a RF sweep forward (06:00)
5&6& RF cross over LF, LF step back slightly to the L back diagonal, RF step back slightly to the R back diagonal, LF cross over RF (06:00)
7&8 RF step back slightly to the R back diagonal, LF step back slightly to the L back diagonal, RF flick behind LF (06:00)

***Restart : wall 2**

Final : step to the R side and push both hands to the side
