

Live Life My Way

COPPER KNOB
STEPSHEETS

拍数: 80 墙数: 2 级数: Phrased Advanced
编舞者: Fred Whitehouse (IRE) - May 2025
音乐: Now Or Never - Pitbull & Bon Jovi



Intro: 16 Counts, Start at approx 8 secs
Sequence: A (Hips), B, Tag, C, C, A, B, C, A, B, Tag

Part A: 16c

SEC 1 Side Lunge, $\frac{3}{4}$ Rolling Turn, Back Rock, $\frac{1}{4}$ Side Rock, Cross Sweep, $\frac{1}{8}$ Step, Step, Together

- 1-2& Lunge right to right, turn $\frac{1}{4}$ left step left forward, turn $\frac{1}{2}$ left step right back (3:00)
3&4& Rock left back, recover weight on to right, turn $\frac{1}{4}$ right rock left to left, recover weight on to right (6:00)
5 Cross left over right sweeping right from back to front
6&7 Turn $\frac{1}{8}$ left step right forward, step left forward, step right beside left (4:30)

Arms 7 Place right hand to right side at hip level

- & Place left hand to left side at hip level
8 Raise both arms forward
& Pull both arms down

SEC 2 Back Sweep, $\frac{1}{8}$ Weave, Cross Rock, Full Rolling Turn, Arms

- 1 Step right back sweeping left from front to back
2& Step left behind right, turn $\frac{1}{8}$ right step right to right (6:00)
3& Cross rock left over right, recover weight on to right
4&5-6 Turn $\frac{1}{4}$ left step left forward, turn $\frac{1}{2}$ left step right back, turn $\frac{1}{4}$ left step left to left (6:00)

Arms 5-6 Raise right hand forward over 2 counts

- 7-8 Place right hand to right side at hip level, place left hand to left side at hip level

Note 1st time Part A is danced, replace 7-8 with the following

- 7& Place right hand to right side at hip level, place left hand to left side at hip level
8& Bump hips right, bump hips left

Part B: 32c

SEC 1 Side, Cross Rock, $\frac{1}{4}$ Side Shuffle, Rock Sweep, Behind, Side

- 1-2-3 Step right to right, cross rock left over right, recover weight on to right
4&5 Step left to left, step right beside left, turn $\frac{1}{4}$ left step left forward (9:00)
6-7 Rock right forward, recover weight on to left sweeping right from front to back
8& Step right behind left, step left to left

SEC 2 Press Rock, Side Press Rock, Back Sweep, Back Sweep, $\frac{1}{4}$ Side, $\frac{1}{4}$ Step

- 1-2 Press right over left, recover weight on to left
3-4 Press right to right, recover weight on to left
5-6 Step right back sweeping left from front to back, step left back sweeping right from front to back
7-8 Turn $\frac{1}{4}$ right step right to right, turn $\frac{1}{4}$ left step left forward (9:00)

Arms 7 Point both thumbs towards body

SEC 3 Step, $\frac{1}{4}$ Pivot, $\frac{1}{4}$ Point, $\frac{1}{4}$ Point, Cross, Side Rock, Cross

- 1-2 Step right forward, pivot $\frac{1}{4}$ left transferring weight onto left (6:00)
3-4 Turn $\frac{1}{4}$ left point right to right, turn $\frac{1}{4}$ left point right to right (12:00)
5 Cross right over left
6-7 Rock left to left, recover weight on to right
8 Cross left over right

SEC 4 ½ Side, ⅛ Cross, ⅛ Side, ⅛ Cross, Side, Hold

1-2 Turn ⅛ left step right to right, turn ⅛ left cross left over right (9:00)

Styling Roll hips anticlockwise

3-4 Turn ⅛ left step right to right, turn ⅛ left cross left over right (6:00)

Styling Roll hips anticlockwise

5-6 Step right to right placing right hand to right side at hip level, hold

7-8 Place left hand to left side at hip level, hold

Tag

1-4 Lift both arms up to sides

Part C: 32c**SEC 1 ⅛ Chug, ⅛ Chug, ¼ Back Sweep, Behind, Side Rock Cross, Side, ¼ Side**

1-2 Turn ⅛ left step right to right, turn ⅛ left step right to right (3:00)

Arms 1 Touching fingertips in front of body at shoulder level drop left elbow raising right elbow

& Recover to level

2 Drop left elbow raising right elbow

3 Turn ¼ right step left back sweeping right from front to back (6:00)

Arms Take right arm to right side sliding left hand down right arm

4 Step right behind left

5&6 Rock left to left, recover weight on to right, cross left over right

7-8 Step right to right, turn ¼ left step left to left (3:00)

SEC 2 ¼ Side, Behind, Side, Heel, Hold, Together, Cross, Side, Arms

1 Turn ¼ left step right to right (12:00)

2&3 Step left behind right, step right to right, touch left heel forward to left diagonal

4&5-6 Hold, step left beside right, cross right over left, step left to left

7-8 Lift both hands up crossing in front of body, take both arms up to sides

SEC 3 Hitch & Hitch, ⅛ Shuffle, Back Sweep, Back, Side Rock, ¼, Back

1&2 Hitch right, step right beside left, hitch left

3&4 Turn ⅛ left step left forward, step right beside left, step left forward (10:30)

5-6 Step right back sweeping left from front to back, step left back

7&8 Rock right to right, turn ¼ right recover weight on to left, step right back (1:30)

SEC 4 Back, Back, Coaster Step, Step, ¼ Pivot, Step, ⅝ Pivot

1-2 Step left back, step right back

3&4 Step left back, step right beside left, step left forward

5-6 Step right forward, pivot ¼ left transferring weight onto left (10:30)

Arms Circle arms anticlockwise at waist level

7-8 Step right forward, pivot ⅝ left transferring weight onto left (6:00)

Arms Circle arms anticlockwise at waist level
