

Lifetime Of Chance

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: waltz
编舞者: Jon Levant (USA), Gail Levant (USA), Judy McGraw & Bill McGraw
音乐: Run for the Roses - Dan Fogelberg



FORWARD, SWEEP ½ TURN LEFT, TOUCH, SIDE, DRAG, TOUCH

- 1-3 Step left foot forward, turn ½ left on ball of left foot while sweeping right toes in an arc, touch right toes next to left foot
4-6 Step right foot long step to right, drag left foot towards right foot, touch left toes next to right foot

ROLLING FULL TURN LEFT, RIGHT TWINKLE

- 7-9 Step left foot ¼ left, step right foot back ½ left, step left foot ¼ left
10-12 Cross right foot over left foot, step left foot to left, step right foot to right

FORWARD, SWEEP ½ TURN LEFT, TOUCH, SIDE, DRAG, TOUCH

- 13-18 Repeat steps 1-6 above

ROLLING FULL TURN LEFT, RIGHT TWINKLE WITH ¼ TURN RIGHT

- 19-21 Repeat steps 7-9 above
22-24 Cross right foot over left foot, step left foot to left, step right foot ¼ right

¼ TURN RIGHT, HITCH TURN ½ RIGHT, LEFT TWINKLE

- 25-27 Step left foot back ¼ right, turn ½ right on ball of left foot while hitching right knee with right toes pointing down and right foot touching left leg, step right foot to right (you should be at 12:00 now.)
28-30 Cross left foot over right foot, step right foot to right, step left foot to left

CROSS, SIDE, HITCH TURN ½ RIGHT, ROLLING FULL TURN RIGHT

- 31-33 Cross right foot over left foot, step left foot left, turn ½ right on ball of left foot with right knee hitched as in step 26 above (you should be at 6:00 now.)
34-36 Step right foot ¼ right, step left foot back ½ right, step right foot ¼ right (you are again at 6:00)

CROSS, HOLD, HITCH TURN 1/8 LEFT, RIGHT TWINKLE WITH ½ TURN RIGHT

- 37-39 Cross left foot over right foot (you will automatically angle 1/8 right), hold, turn 1/8 left on ball of left foot with right knee hitched as before (back to 6:00)
40-42 Cross right foot over left foot, step left foot back ¼ right, step right foot ¼ right (you are now at 12:00.)

LEFT TWINKLE, STEP FORWARD, SWEEP ½ TURN RIGHT, TOUCH

- 43-45 Cross left foot over right foot, step right foot to right, step left foot to left
46-48 Step right foot forward, turn ½ right on ball of right foot while sweeping left toes around in an arc, touch left toes next to right foot

REPEAT

TAG

When danced to Run For The Roses there will be a 12-count tag that will occur after the end of rotation 3 and rotation 5. The tag will occur on the 6:00 wall each time

WALTZ DIAMOND PATTERN

- 1-3 Step left foot ¼ left, step right foot next to left foot, step left foot in place
4-6 Step right foot back ¼ left, step left foot beside right foot, step right foot in place

7-12 Repeat steps 1-6

You will have turned full turn and returned to 6:00 after completing the diamond pattern. Now start the dance from the beginning

OPTIONAL ENDING:

The music will slow just as you complete the dance at counts 46-48 turning to the 12:00 wall. There will be 3 additional beats of music. Do the following:

1-3 Step left foot long step forward, hold, hold while spreading arms out to sides palms facing forward
