

It's A Beautiful Life

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Cathryn Proudfoot (AUS)
音乐: Awful Beautiful Life - Darryl Worley



FORWARD & SIDE & CROSS, SIDE

1&2&3-4 Rock right forward, replace weight on left, rock right to side, replace weight on left, step right across in front of left, step left to side

RIGHT SAILOR STEP, TUCK UNWIND $\frac{3}{4}$ LEFT

5&6-7-8 Step right behind left, step left to side, step right to side, tuck left toe behind right heel, unwind $\frac{3}{4}$ left transferring weight to left

SIDE, BEHIND & CROSS, SIDE

1-2&3-4 Step right to side, step left behind right, step right to side, step left across in front of right, step right to side

$\frac{3}{4}$ TURN BACK RIGHT, SHUFFLE FORWARD LEFT

5-6-7&8 Turn $\frac{1}{4}$ back right rocking back on left, turn $\frac{1}{2}$ right stepping right forward, shuffle forward left, right, left

& FORWARD & SIDE & CROSS, SIDE

&1&2&3-4 Step right together with left, rock left forward, replace weight on right, rock left to side, replace weight on right, step left across in front of right, step right to side

LEFT SAILOR STEP, TUCK UNWIND $\frac{3}{4}$ RIGHT

5&6-7-8 Step left behind right, step right to side, step left to side, tuck right toe behind left heel, unwind $\frac{3}{4}$ right transferring weight to right

SIDE, BEHIND & CROSS, SIDE

1-2&3-4 Step left to side, step right behind left, step left to side, step right across in front of left, step left to side

TOGETHER, ROCK FORWARD, BACK, TOGETHER, STEP $\frac{1}{2}$ PIVOT LEFT

&5-6&7-8 Step right together with left, rock left forward, replace weight on right, step left together with right, step right forward, pivot turn $\frac{1}{2}$ left keeping weight back on right

LEFT COASTER STEP, STEP FORWARD, FULL TURN RIGHT FORWARD

1&2-3&4 Step left back, step right back together with left, step left forward, step right forward, turn $\frac{1}{2}$ right stepping left back, turn $\frac{1}{2}$ right stepping right forward

Option: shuffle forward right, left, right

SIDE, ROCK $\frac{1}{4}$ LEFT, $\frac{1}{2}$ LEFT, STEP FORWARD, KICK

5-6&7-8 Rock step left to side, replace weight on right turning back $\frac{1}{4}$ left, turn $\frac{1}{2}$ left stepping left forward, step right forward, kick left forward (low kick) clicking fingers of both hands at hip height

LEFT COASTER SIDE, SIDE, ROCK, BEHIND

1&2&3-4 Step left back, step right back together with left, step left forward, rock step right to side, replace weight on left, step right behind left (samba step moving back)

ROCK BACK, REPLACE & STEP $\frac{1}{2}$ PIVOT LEFT

5-6&7-8 Rock back left, replace weight on right, step left together with right, step right forward, pivot turn ½ left transferring weight forward to left

RIGHT DOROTHY STEP, LEFT DOROTHY STEP

1-2&3-4& Step right forward to 45 degrees right, lock step left behind right, step right to side, step left forward to 45 degrees left, lock step right behind left, step left to side

RIGHT DOROTHY STEP, SIDE-ROCK REPLACE

5-6&7-8 Step right forward to 45 degrees right, lock step left behind right, step right to side, rock left to side, replace weight on right

ROCK FORWARD, REPLACE, ½ LEFT, WALK, WALK

1-2&3-4 Rock left forward, replace weight back on right, turn back ½ left stepping left forward, walk forward right, walk forward left

OUT, OUT, TOUCH, RIGHT KICK-BALL STEP

&5-6-7&8 Step right out to side, step left out to side, touch right besides left, kick right forward, step right together with left, step left forward

REPEAT

TAG

At the end of wall 1, add the following 4 counts

RIGHT ROCKING CHAIR

1-2-3-4 Rock right forward, replace weight back on left, rock right back, replace weight forward on left

TAG

At the end of wall 3, add the following 6 counts

RIGHT ROCKING CHAIR, RIGHT KICK-BALL STEP

1-2-3-4 Rock right forward, replace weight back on left, rock right back, replace weight forward on left

5&6 Kick right forward, step right together with left, step left forward

TAG

At the end of wall 4 add the following 4 counts

STEP ½ PIVOT TURN LEFT, STEP ½ PIVOT TURN LEFT

1-2-3-4 Step right forward, pivot turn ½ left transferring weight forward to left, step right forward, pivot turn ½ left transferring weight forward to left

The music then slows right down. Add the following 16 counts slowly in time with the music

SIDE, ROCK-REPLACE, CROSS UNWIND FULL TURN LEFT

1-2-3-4 Rock step right to side, replace weight to left, cross right in front of left, unwind full turn left transferring weight to right

SIDE, ROCK-REPLACE, TOGETHER, SIDE

5-6-7-8 Rock step left to side, replace weight on right, step left together with right, step right to side

¼ LEFT, STEP ½ PIVOT TURN LEFT, ¼ LEFT TO SIDE

1-2-3-4 Turn ¼ left to step left forward, step right forward, pivot turn ½ left transferring weight to left, turn ¼ left stepping right to side (big step)

DRAG SLOWLY TOGETHER, TAKE WEIGHT ON LEFT

5-6-7-8 Drag left toe slowly together with right taking weight on left on count 8 (you'll hear a down beat with a guitar chord)

The music then picks back up to original pace. Restart dance at this point and dance through to the end of the song

ENDING

The dance will finish at count 40 (kick with finger clicks) facing the front

