

About Life

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Pam Leader (USA) - July 2008
音乐: About Life - Julianne Hough



Intro: Start dance 16 counts into the song (at the start of the lyrics)

Step L, R Coaster, Shuffle, Rocking Chair, ¼ L With Kick

1 Step L to left side
2&3 back R, together L, forward R
4&5 L forward, R beside L, L forward
6&7& R forward, recover L, R back, recover L
8&1 R forward, L to R with ¼ L, low kick of R to right side (9:00)

Cross, Step, Vine, Hip Steps, Rock, Recover

2,3 Cross R over L, Step L to left side
4&5 Step R behind, Step L to left side, Cross R in front of L
6,7 Step L to left side and roll hips, Step R to right side and roll hips
8&1 Rock L behind R, recover R *, Step L to left side (9:00)

Slide R To Meet L, Step R, Cross L, ¼, ½, ½, ½ Traveling Turns R, Step R Back

2&3 Slide R to meet L, Step R beside L, Cross L over R
4 ¼ turn right on R (12:00)
5 ½ turn right on L (6:00)
6 ½ turn right on R (12:00)
7,8 ½ turn right on L, Step Back on R (6:00)

Rock L, Recover R, Cross Shuffle, Press Kick, ¼ Turning R Jazz Box, Cross L, Recover R

1,2 Rock L to left side, recover R
3&4 Rock L over R, Step R to R, Cross L over R **
&5 Press R diagonally forward, kick R diagonally forward to the right
6&7 Cross R over L, Step L back with ¼ turn to R, Step R beside L
8& Cross L over R, Recover R (9:00)

End of dance

TAG (Tag 1 is all 16 counts, Tag 2 is only the last 8 counts)

Toe Touches, Rock R Over L, Recover L, Chasse R, L, R

1&2& Touch R forward, Step R back, Touch L to left side, Step L back
3&4& Touch R to right side, Step R back, Touch L forward, Step L beside R
5,6 Rock R over L, recover L
7&8 Step R to right side, Step L beside R, Step R to right side

Toe Touches, Step R, Press L, Sweep R, Rock L, Recover R

1&2& Touch L forward, Step L back, Touch R to right side, Step R back
3&4& Touch L to left side, Step L back, Touch R forward, Touch R beside L
5-7 Big Step forward R, Press L forward, Sweep L around and behind R
8& Rock behind L, Recover R***

RESTART: *After 16 counts of wall 3 and wall 6, restart dance from the beginning (Walls 3 and 6 will start on 6:00 wall but restart will happen on the 3:00 wall)

TAGS:

**** TAG 1 - On Wall 4 AFTER FIRST 28 counts (will be danced on the 9:00 wall)**

***** TAG 2 - AFTER Wall 8 dance the LAST 8 counts of Tag (will be danced on the 9:00 wall)**
