

It's Beautiful

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Robert Lindsay (UK) - March 2012
音乐: A Beautiful Life - Donny & Marie Osmond : (Album: Donny and Marie)



[1-8] Step Forward, Touch, & Heel, Hook, Forward Shuffle, Step ½ Turn

- 1-2 Step forward on right. Touch left toe to right heel.
- &3-4 Step back on left. Touch right heel forward. Hook right foot in front of left.
- 5&6 Step forward on right. Step left beside right. Step forward on right.
- 7-8 Step forward on left. Pivot ½ turn right. (6:00)

[9-16] Full Turn. Left Mambo Forward, Right Coaster Cross, Chasse Left

- 1-2 Turning ½ turn right, step back on left. Turning ½ turn right, step forward right. (6:00)
- 3&4 Rock forward on left. Recover weight onto right. Step back on left.
- 5&6 Step back on right foot. Step left beside right. Step forward on right.
- 7&8 Step left to left side. Step right beside left. Step left to left side. (6:00)

Restart here during wall 3

[17-24] Rock Back, Full Turn, Chasse Right, Rock Back

- 1-2 Rock back on right. Recover onto left.
- 3-4 Turning ¼ turn left, step back onto right foot. Turning ½ turn left, step forward on left. (9:00)
- 5&6 Turning ¼ turn left, step right to right side. Step left beside right. Step right to right side. (6:00)
- 7-8 Rock back on left. Recover weight onto right.

[25-32] Side, Behind, & Cross, Rock Back, Chasse ¼ Turn Right

- 1-2 Step left to left. Step right behind left.
- &3-4 Step left to left. Step right across in front of left. Step left to left side.
- 5-6 Rock back on right behind left. Recover weight onto left.
- 7&8 Step right to right side. Step left beside right. Step right ¼ turn to right. (9:00)

[33-40] Step Forward, Touch, & Heel, Hook, Forward Shuffle, Step ½ Turn

- 1-2 Step forward on left. Touch right toe to left heel.
- &3-4 Step back on right. Touch left heel forward. Hook left foot in front of right.
- 5&6 Step forward on left. Step right beside left. Step forward on left.
- 7-8 Step forward on right. Pivot ½ turn left. (3:00)

[41-48] Full Turn. Right Mambo Forward, Left Coaster Cross, Chasse Right

- 1-2 Turning ½ turn left, step back on right. Turning ½ turn left, step forward on left. (3:00)
- 3&4 Rock forward on right. Recover weight onto left. Step back on right.
- 5&6 Step back on left foot. Step right beside left. Step forward on left
- 7&8 Step right to right side. Step left beside right. Step right to right side. (3:00)

[49-56] Rock Back, Full Turn, Ball Cross Side

- 1-2 Rock back on left. Recover onto right.
- 3-4 Turning ¼ turn right, step back onto left. Turning ½ turn right, step forward on right. (12:00)
- 5-6 Turning ¼ turn right, step left to left side. Drag right beside left keeping the weight on left. (3:00)
- &7-8 Step right beside left. Step left across in front of right. Step right to right side. (3:00)

[57-64] Rock Back, Kick Ball Cross, Side Rock, Behind & Step Forward

- 1-2 Rock back onto left. Recover weight onto right.
- 3&4 Kick left foot forward diagonally left. Step left beside right. Step right across in front of left.

5-6 Rock left to left side. Recover weight onto right.
7&8 Step left behind right. Step right beside left. Step forward on left. (3:00)

Email: robertmlindsay@hotmail.com
