

How To Save A Life

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4
编舞者: Vincent Ng - September 2013
音乐: How to Save a Life - The Fray

级数: Phrased Intermediate NC



Intro: 16 Counts

SEQUENCE: BONUS, 32, 32, BONUS***, 32, 32, 32, 16, 32, 32, 32, 32, BONUS, 32, 32, 32, 32, ENDING

NOTE: This is an anticlockwise line dance. It is a mixture of Basic Nightclub and West Coast Swing steps. The BONUS*** is where you dance up to the counts of 8&, then square up to the original wall and carry on with the west coast steps.

The other 16 counts (***) occur in the west coast steps. Instead of stepping R foot to R side, POINT R toes to R side, and begin again.

For the ending, just do a L pivot ½ turn R and pose.

BONUS (16 COUNTS) – NIGHTCLUB STEPS

SEC 1: BACK & SWEEP, BEHIND SIDE CROSS & KICK, BACK, ½ I, R FORWARD ROCK, RECOVER, ½ R, L FORWARD, FULL TURN L

- 1 Step R foot back while sweeping L foot from front to back (12.00)
- 2&3 Cross L foot behind R foot, step R foot to R side, cross L foot over R foot while kicking R foot to R diagonal (1.00)
- 4&5 Step R foot back, turn ½ L stepping L foot forward, rock R foot forward (7.00)
- 6&7 Recover weight on L foot, turn ½ R stepping R foot forward, step L foot forward (1.00)
- 8& Turn ½ L stepping R foot back, turn ½ L stepping L foot forward *** (1.00)

SEC 2: R NIGHTCLUB BASIC, SIDE STEP, QUICK BODY SWAY WITH LOOK, CROSS, ROCK & ¼ R, L FORWARD, PIVOT ¼ L

- 1-2& Square up to front wall stepping R foot to R side, rock L foot behind R foot slightly crossing behind R foot, cross R foot over L foot (12.00)
- 3 Step L foot to L side
- 4& Do a quick body sway R and L side (in the meantime, turn head to ¼ R and ¼ L)
- 5 Cross R foot over L foot
- 6&7 Rock L foot to L side, turn ¼ R recovering weight on R foot, step L foot forward
- 8& Step R foot forward, turn ¼ L

MAIN DANCE (32 COUNTS) – WEST COAST STEPS

SEC 1: CROSS WEAVE, STEP TOUCH, KICK BALL CROSS

- 1-4 Cross R foot over L foot, step L foot to L side, cross R foot behind L foot, step L foot to L side, cross R foot over L foot (12.00)
- 5-8 Step L foot to L side, touch R toes beside L foot, kick R foot to R diagonal, step R foot in place, cross L foot over R foot (12.00)

SEC 2: ¼ TURN L X2, CROSS ROCK & RECOVER, ¼ R, SWEEP, CROSS SIDE

- 1-4 Turn ¼ L stepping R foot back, turn another ¼ L stepping L foot to L side, cross rock R foot over L foot, recover weight on R foot (6.00)
- 5-8 Turn ¼ R stepping R foot forward, sweep L foot from back to front, cross L foot over R foot, *** step R foot to R side (9.00)

SEC 3: BALL JAZZ BOX CROSS, SYNCOPATED COASTER STEP, PIVOT ½ TURN R

- &1-4 Step L foot beside R foot, cross R foot over L foot, step L foot back, step R foot to R side, cross L foot over R foot (9.00)
- &5-8 Step R foot back, step L foot next to R foot, step R foot forward, step L foot forward, turn ½ R (3.00)

SEC 4: ¼ R, BALL CROSS, ¼ R, STEP, BACK ROCK & RECOVER, STEP KICK, COASTER STEP

- &1-4 Turn ¼ R stepping L foot to L side, cross R foot over L foot, turn another ¼ R stepping L foot back, rock R foot back, recover weight on L foot (9.00)
- 5-8 Step R foot forward, kick L foot forward, step L foot back, step R foot beside L foot, step L foot forward (9.00)

For music or any other inquiry, kindly contact: vincent_ngdance@yahoo.com
