

Life Is Good

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Rosie Multari (USA) & Derek Steele (USA) - May 2018
音樂: Life Is Good - A Great Big World : (from Movie soundtrack of The Star)



Music available from amazon.com and iTunes

Dance starts after 16 counts of just piano music (approx. 10 sec)

[1-8] STEP HOLD STEP TOUCH, STEP HOLD STEP BRUSH

1,2&3,4 Step R to right side(1), Hold (2) step L next to R(&) step R to right side(3), touch L next to R (4)
5,6&7,8 Step L to left side(5), Hold (6) step R next to L(&) step L to left side(7), Brush R next to L (8) (12:00)

[9-16] CROSS, TAP 3X, STEP FLICK ¼ TURN LEFT

1-4 Step R forward crossing L (1), tap L to left side (2), Step L forward crossing R (3), tap R to right side (4)
5-8 Step Back R cross behind L (5), tap L to left side (6), step back L (7), Flick R as you turn ¼ to left (8) (9:00)

#Restart here on Wall 4 (instrumental music)

[17-24] WALK 3, FLICK ½ TURN RIGHT, WALK 3, BRUSH R

1-4 Step forward R (1), L (2), R (3), Flick L (4) as you turn ½ right (3:00)
5-8 Step forward L (5), R (6), L (7), Brush R next to L (8)

[25-32] SLOW ½ PIVOT*, FAST ½ PIVOT* OUT OUT, HOLD*

1-4 Step forward R (1), Hold (2), pivot ½ turn left, weight on L (3), Hold (4)
5,6&7,8 Step forward R (5), pivot ½ turn left, wt on L (6), step R to right (&), Step L to left (7) Hold (8) (3:00)

*Option: On counts 1 & 5, you can do an "exploding" pivot: your arms circle inward in opposition in front of your face; on count 8: shimmy, or raise hands, High 5 for ending!

TAG: At end of Wall 10, facing front (12:00) walk around the floor for 16 counts.

Return to where you were BUT face back Wall (6:00) to Start Wall 11

ENDING: Dance Walls 11 & 12, you'll be facing front (12:00), REPEAT last 8 counts TWICE & pose with hands up!

Enjoy!

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