

Life Is Like A Waterfall

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - July 2024
音樂: Waterfall - Drove & Dillon Francis : (Spotify/YouTube Music/Deezer/Apple Music)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

[S1] Shuffle Fwd, 1/2R Back w/ Sweep 1/4R, Behind, Side, Cross, Side, Back Rock

1&2 Shuffle forward on R-L-R
3 4 Make a ½ turn right stepping back on L, Make a further ¼ turn right sweeping R foot around (9:00)
5 6 7 8 Step R behind L, Step L to the side, Cross R over L, Step L to the side
&1 Rock back on R, Replace weight on L-

[S2] 1/4L, Side, Cross Shuffle into Cross Rock, Side, Cross Shuffle-

2 3 - Make a ¼ turn left stepping back on R (6:00), Step L to the side
4& Cross R over L, Step L close-
5 6 7 - Rock/across R over L, Replace weight on L, Step R to the side
8&1 Cross L over R, Step R close, Cross L over R

[S3] -1/4L, Side, Paddle L-Together, Heel Twist Turn 1/4R, Side-Together

2 3 Make a ¼ turn left stepping back on R (3:00), Step L to the side
4&5 Touch forward on R, Make a ¼ turn left recover weight on L (12:00), Step R next to L
6 7 Twist both heels to the right, Twist both heels to the left making a ¼ turn right weight ends on L (3:00)
8& Step R to the side, Step L next to R

[S4] Shuffle Fwd, Side, Together, Shuffle Back, Side, Together

1&2 Shuffle forward on R-L-R
3 4 Step L to the side, Step R next to L
5&6 Shuffle back on L-R-L
7 8 Step R to the side, Step L next to R

No tags or restarts

Ending suggestion: The last wall ends facing 6:00. Make a swift ½ turn left stepping back on R (12:00).

(updated: 14/July/24)