

Such Is Life

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Sheila Kenny (USA) - August 2024
音樂: ASI ES LA VIDA - Enrique Iglesias & Maria Becerra : (Final Vol 2)



Intro 16 sec. Start On Vocals No Tags No Restarts CW

Sec. 1 Rumba Box

1-4 Step LF to Left side, Step RF next to LF, Step LF forward, HOLD
5-8 Step RF to Right side, Step LF next to RF, Step RF back, HOLD

Sec. 2 Syncopated Back Lock Steps, Rock/Recover, Walk x2

1&2 Step back on LF, Cross RF in front of LF, Step back on LF
3&4 Step back on RF, Cross LF in front of RF, Step back on RF
5,6 Rock back on LF, Recover weight on RF
7,8 Walk forward on LF then RF

Sec. 3 Samba Whisks x 2, 1/8 Pivot turns x 2

1&2 Cross and step ball of LF behind RF, Recover on RF, Step LF to Left side
3&4 Cross and step ball of RF behind LF, Recover on LF, Step RF to Right side
5,6 Pivot turn 1/8 to Right (1:30) stepping LF forward, Recover on RF
7,8 Pivot turn 1/8 to Right (3:00) Stepping LF forward, Recover on RF

Sec. 4 Rock/Recover, Back Coaster, Jazz Box

1,2 Rock forward on LF, Recover weight on RF
3&4 Step back on LF, Step RF next to LF, Step LF forward
5-8 Cross RF over LF, Step back on LF, Step RF to Right side, Touch Left Toe to side of RF

Sheilaknn1@gmail.com

Linedance South Dakota

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