

Own Every Second

COPPER KNOB
STEPSHEETS

拍數: 92 牆數: 1 級數: Phrased Advanced
編舞者: Jason Takahashi (USA) - June 2025
音樂: I Lived - OneRepublic



Dance begins after 8 counts (NC2 tempo)

Sequence: A Tag AB AB (32)B (8)A (56)B (32)B

Section A (Nightclub) : 28 Counts

[1-8] Forward, Step, Pivot $\frac{1}{2}$ R, $\frac{1}{4}$ R stepping L side sweeping R back, Behind, Side, Cross Rock, Recover, Side, Cross, $\frac{1}{4}$ L, $\frac{1}{2}$ L

- 1 2&3 Step R Forward (1), Step L Forward (2), Pivot $\frac{1}{2}$ R transferring weight to R (&) [6:00], Turn $\frac{1}{4}$ R stepping L to L, sweeping R back (2) [9:00]
4&5 Cross R behind L (4), Step L to L (&), Cross Rock forward on R (5) [9:00]
6&7 Recover back to L (6), Step R to R (&), Cross L over R (7) [9:00]
8& Turn $\frac{1}{4}$ L stepping back on R [6:00], Turn $\frac{1}{2}$ L stepping forward on L [12:00]

***Restart here on Wall 7 (4th repetition of A) into B**

[9-16] Forward, Mambo, Back w/ Lift, Run back x2, $\frac{1}{4}$ R w/ Sway, Sway x2, NC Basic

- 1 2&3 Step R Forward (1), Rock Forward on L (2), Recover back to R (&), Step L Back w/ a slight lift, kicking R forward (3) [12:00]
4&5 Step R Back (4), Step L Back (&), Turn $\frac{1}{4}$ R stepping R to R, swaying to R (5) [3:00]
6& Sway to L (6), Sway to R, closing L to R (&) [3:00]
7 8& Step L to L (7), Step R beside L (8), Cross L over R (&) [3:00]

[17-24] Side Lunge w/ Prep, $\frac{1}{4}$ L, $\frac{1}{2}$ L, $\frac{1}{2}$ L sweeping R forward, Cross, Side, $\frac{1}{8}$ R Back Rock, Recover, $\frac{1}{2}$ L, Back Rock, Recover, $\frac{3}{8}$ R

- 1 2&3 Lunge R to R (1), Turn $\frac{1}{4}$ L stepping forward on L (2) [12:00], Turn $\frac{1}{2}$ L stepping back on R (&) [6:00], Turn $\frac{1}{2}$ L stepping forward on L, sweeping R forward (3) [12:00]
4&5 Cross R over L (4), Step L to L (&), Rock Back on R opening body to diagonal (5) [1:30]
6&7 Recover onto L (6), Turn $\frac{1}{2}$ L stepping back on R (&) [7:30], Rock Back on L (7) [7:30]
8& Recover onto R (8), Turn $\frac{3}{8}$ R stepping L to L (&) [12:00]

[25-28] Cross behind w/ sweep, Behind, Side, Forward, $\frac{1}{2}$ L, $\frac{1}{2}$ L.

- 1 2&3 Cross R behind L, sweeping L back (1), Cross L behind R (2), Step R to R (&), Step L Forward (3) [12:00]
4& Turn $\frac{1}{2}$ L stepping back on R (4) [6:00], Turn $\frac{1}{2}$ L stepping forward on L (&) [12:00]

Tag: 4 Counts (adds 4 additional counts to A)

[29-32] Step, Step, Pivot $\frac{1}{2}$ R, Step, Step, Pivot $\frac{1}{2}$ L

- 5 6&7 Step R Forward (5), Step L Forward (6), Pivot $\frac{1}{2}$ R transferring weight to R (&) [6:00], Step L Forward (7) [6:00]
8& Step R Forward (8), Pivot $\frac{1}{2}$ L transferring weight to L (&) [12:00]

Section B (Polka) : 64 Counts

[1-8] Shuffle x2, Rock, Recover, $\frac{1}{4}$ R Kick Ball Cross

- 1&2 Step R Forward (1), Step L beside R (&), Step R Forward (2) [12:00]
3&4 Step L Forward (3), Step R beside L (&), Step L Forward (4) [12:00]
5 6 Rock forward on R (5), Recover back on L (6) [12:00]
7&8 Turn $\frac{1}{4}$ R Kicking R Forward (7) [3:00], Close R beside L (&), Cross L over R (8) [3:00]

[9-16] $\frac{1}{4}$ L, $\frac{1}{2}$ L, Pivot $\frac{1}{4}$ L, Cross, Side, Behind, Ball Cross

- 1 2 Turn $\frac{1}{4}$ L stepping back on R (1) [12:00], Turn $\frac{1}{2}$ L stepping forward on L (2) [6:00]

3 4 Step R Forward (3), Pivot $\frac{1}{4}$ L transferring weight to L (4) [3:00]
5&6 Cross R over L (5), Step L to L (&), Cross R behind L (6) [3:00]
7&8 Hold (7), Close L beside R (&), Cross R over L (8) [3:00]

[17-24] Side Rock, Recover, Behind, Side, Cross, Side Shuffle, $\frac{1}{4}$ L Side Shuffle

1 2 Rock L to L (1), Recover onto R (2) [3:00]
3&4 Cross L behind R (3), Step R to R (&), Cross L over R (4) [3:00]
5&6 Step R to R (5), Step L beside R (&), Step R to R (6) [3:00]
7&8 Turn $\frac{1}{4}$ L stepping L to L (7) [12:00], Step R beside L (&), Step L to L (8) [12:00]

[25-32] Cross, Side, Sailor Step, Jazz Box, Touch

1 2 Cross R over L (1), Step L to L (2) [12:00]
3&4 Step R behind L (3), Step L to L (&), Step R to R (4) [12:00]
5 6 7 8 Cross L over R (5), Step R Back (6), Step L to L (7), Touch R beside L (8) [12:00]

***Restart here into A on Wall 6 (3rd repetition of B)**

[33-40] Posé Turn x2, Walk x2, Step w/ Lift

1 2 Turn $\frac{1}{4}$ R stepping forward on R hitching L knee (L knee stay open to L side), full turn R (1) [3:00], Stepping down on L (2) [3:00]
3 4 Step R forward hitching L knee (L knee stay open to L side), full turn R (3), Stepping down on L (4) [3:00]

***Option to close feet together during turns**

5 6 7 8 Step R Forward (5), Step L Forward (6), Step R Forward (7), Lift up on R hitching L Knee to L side (8) [3:00]

[41-48] Back x2, Back Sweep x2, Rock Back, Recover, Big Step Forward, Hold

1 2 Step L Back (1), Step R Back (2) [3:00]
3 4 Step L Back sweeping R back (3), Step R Back sweeping L back (4) [3:00]
5 6 7 8 Rock Back on L (5), Recover onto R (6), Big Step Forward on L (7), Hold (8) [3:00]

[49-56] Pivot $\frac{1}{2}$ L, $\frac{1}{2}$ L, $\frac{1}{4}$ L with Hitch, Slide, Back Rock, Recover

1 2 Step R Forward (1), Pivot $\frac{1}{2}$ L transferring weight to L (2) [9:00]
3 4 Turn $\frac{1}{2}$ L stepping back on R (3) [3:00], Continue turning $\frac{1}{4}$ L hitching L Knee (4) [12:00]
5-6 7 8 Big Step L to L (5-6), Rock Back on R (7), Recover to L (8) [12:00]

***Restart here on Wall 8 (4th repetition of B) into B**

[57-64] Side Rock, Recover, Behind, Side, Cross x2

1 2 Rock R to R (1), Recover onto L (2) [12:00]
3&4 Cross R behind L (3), Step L to L (&), Cross R over L (4) [12:00]
5 6 Rock L to L (5), Recover onto R (6) [12:00]
7&8 Cross L behind R (7), Step R to R (&), Cross L over R (8) [12:00]
