

Living Our Best Life

COPPER KNOB
STEPPERS

拍數: 48 牆數: 2 級數: Phrased Improver
編舞者: Brendan Simoens (USA) & Caitlin Schuette (USA) - July 2025
音樂: Living Our Best Life - Red Parker



Intro: 16 counts, approx 8 seconds

Phrasing: AB AAB AAB A(4 counts)

PART A: 32c

[1 - 8] Diag touch back kick behind side cross, diag touch back kick behind ¼ fwd

1&2& Step R to R diagonal (1), touch L next to R (&), step L to back L diagonal (2), low kick R to diagonal (&)
3&4 Cross R behind L (3), step L to L (&), cross R over L (4)
5&6& Step L to L diagonal (5), touch R next to L (&), step R to back R diagonal (6), low kick L to diagonal (&)
7&8 Cross L behind R (7), ¼ R stepping R forward (&), step L forward (8) 3:00

[9 - 16] Charleston, step, ½ hip roll, lock step fwd

1,2 Touch R forward (1), step R back (2)
3,4 Touch L back (3), step L forward (4)
5,6 Step R forward (5), ½ L rolling hips sitting in to R hip (6) 9:00
7&8 Step L forward (7), lock R behind L (&), step L forward (8)

[17 - 24] Step touch step touch shuffle, vaudeville & cross shuffle

1&2& Step R to R diagonal (1), touch L next to R (&), step L to L diagonal (2), touch R next to L (&)
3&4 Step R to R diagonal (3), step L next to R (&), step R to R diagonal (4)
Fingers: For counts 1-4 make finger points and waggle fingers at hip level in direction of travel
5&6& Cross L over R (5), step R to R (&), touch L heel to L diagonal (6), step L next to R (&)
7&8 Cross R over L (7), step L to L (&), cross R over L (8)

[25 - 32] Back touch back touch ¼ shuffle, jazz box w/ cross

1&2& Step L to back L diagonal (1), touch R next to L (&), step R to back R diagonal (2), touch L next to R (&)
3&4 ¼ L stepping L to L (3), step R next to L (&), step L to L (4) 6:00
5,6 Cross R over L (5), step L back (6)
7,8 Step R to R (7), cross L over R (8)

PART B: NC Timing, half time, always starts facing 6:00

[1 - 8] NC basic R ¼, step ¼ cross sweep, rock recover side, weave

1 Step R to R (1)
2&3 Step L next to R (2), cross R over L (&), ¼ L stepping L forward sweeping R forward (3) 3:00
4&5 ¼ L rocking R to R (4), recover onto L (&), cross R over L sweeping L back to front(5) 12:00
6&7 Rock L over R (6), recover onto R (&), step L to L angling body L (7)
8& Cross R over L (8), step L to L (&)

[9 - 16] ⅓ Rock, rock, rock, recover, ⅔, ¼, cross, side, back, touch, back, touch, rock, recover, full turn

1&2& ⅓ R rocking R back (1), rock L forward (&), rock R back (2), recover onto L (&) 1:30
3&4& ⅔ L stepping R back (3), ¼ L stepping L to L side (&), cross R over L (4), step L to L (&) 6:00
5&6& Step R back (5), touch L forward (&), step L back (6), touch R forward (&)
7&8& Rock R back (7), recover onto L (&), ½ L stepping R back (8), ½ L stepping L forward (&)

