

It's My Life

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate / Advanced
編舞者: Winson Eng (MY) - June 2010
音樂: It's My Life - Bon Jovi



Intro : 16 counts

Sequence : 48 , tag , 48 , 32 , 48 , tag , 48 , 48 , 16 , tag , 48 , 48 , ending

Step , Paddle ¼ R , Cross , Hinge ½ Turn R , Side Rock , Behind Side Cross

1-2 Step R fwd , turn ¼ R pointing L to L
3-4 Cross L over R , turn ¼ L stepping R back
5-6 Turn ¼ L rock L to L , recover on R
7&8 Cross L behind R , step R to R , cross L over R

Scissors Cross , Back , Side , Ball Cross , Back , Ball Cross , ¼ Turn L , Back

1&2 Step R to R , step L together with R , cross R over L
3-4 Step L back , step R to R
&5 Step L beside R , cross R over L
6&7 Step L back , step R beside L , cross L over R
8 Turn ¼ L stepping R back Back

Rock , Recover , Lunge Fwd , Step In Place , Lunge Fwd , Step In Place , Lunge Fwd , Fwd Mambo Step

1-2 Rock L back , recover on R
&3 Body lean fwd and press L fwd , step R back
4&5 Step L beside R , step R in place , body lean fwd and press L fwd
6&7 Step back R , step L beside R , body lean fwd and press R fwd
&8 Step L back , step R beside L

Side Rock , Recover , Touch Ball Cross , Back , Coaster Heel Grind ¼ Turn R

1-2 Rock L to L , recover on R
3&4 Touch L beside R , step down L beside R , cross R over L
5 Step back L
6&7 Step R back , step L beside R , tap R heel fwd
8 Twist / Grind R heel to turn ¼ R

Ball Cross, Side Rock Cross, Back, Coaster Step, Pivot ½ Turn R

&1 Step down R in place , cross L over R
2&3 Rock R to R , recover on L , cross R over L
4 Step L back
5&6 Step R back , step L beside R , step R fwd
7-8 Step L fwd and turn ½ R

Step , Hold , Syncopated Lock Step , Fwd Rock , Recover , Coaster Lock Step

1-2 Step L fwd , hold
&3&4 Lock R behind L , step L fwd , lock R behind L , step L fwd
5-6 Rock R fwd , recover on L
7&8& Step R back , step L beside R , step R fwd , lock L behind R

Tag

1-4 Stomp R in place X2 , hold , hitch R

Ending: You will be facing at 6.00 o'clock , dance up to count 30 + & (It's a Coaster Heel Step) , then Cross R over L , unwind ½ turn L to face at 12.00 o'clock and let the entire song to fade out .

In an ordinary way means that convert the " Coaster Heel Grind " to Coaster Cross Unwind $\frac{1}{2}$ Turn L .
