

Life Sounds Like

COPPER KNOB
STEP SHEETS

拍數: 64 牆數: 2 級數: High Improver / Low Intermediate
編舞者: Malene Jakobsen (DK) - September 2013
音樂: I'm Alive (Life Sounds Like) - Michael Franti & Spearhead : (Album: All People - Deluxe - iTunes)



Intro: 32 counts 14 seconds into track, dance begins with weight on R

[1-8] Kick across, side, cross rock, side, together, walk walk

1-2-3-4 (1) Kick L across R., (2) step L to L, (3) rock R across L, (4) recover onto L 12.00
5-6-7-8 (5) Step R to R, (6) step L next to R, (7-8) walk fwd. R, L 12.00

[9-16] 1/4 Monterey, touch, side, hold, ball side, touch

1-2-3-4 (1) Point R to R, (2) turn 1/4 R bringing R next to L, (3) point L to L, (4) touch L next to R 3.00
5-6 (5) Step L to L, (6) hold 3.00
&7-8 (&) step R next to L, (7) step L to L, (8) touch R next to L 3.00

[17-24] Vine with cross, unwind 1/2, hold, walk back

1-2-3-4 (1) Step R to R, (2) cross L behind R, (3) step R to R, (4) cross L over R 3.00
5-6-7-8 (5) Unwind 1/2 R (keep weight on L), (6) hold, (7-8) walk back R, L 9.00

[25-32] Back toe strut, toe swivels 1/4, touch, side, touch, side

1-2 (1) Touch R toes back, (2) drop R heel (keep weight on R) 9.00
3-4 (3) Swivel L toes R making 1/8 R, (4) Swivel R toes R making 1/8 R 12.00
5-6-7-8 (5) Touch L next to R, (6) step L to L, (7) touch R next to L, (8) step R to R 12.00

NOTE: The only restart is here, you'll be facing 6.00

[33-40] Back rock, side rock, weave

1-2-3-4 (1) Rock back on L, (2) recover onto R. (3) rock L to L, (4) recover onto R 12.00
5-6-7-8 (5) Cross L over R, (6) step R to R, (7) cross L behind R, (8) step R to R 12.00

[41-48] Paddle 1/4 x 2, step fwd., hold, fwd. rock

1-2-3-4 (1) Step fwd. on L, (2) paddle 1/4 R, (3) step fwd. on L, (4) paddle 1/4 R 6.00
5-6-7-8 (5) Step fwd. on L, (6) hold, (7) rock fwd. on R, (8) recover onto L 6.00

[49-56] Step back, scoot back, slow coaster, hold, kick x 2

1-2 (1) Step back on R, (2) hitch L scooting backwards on R 6,00
3-4-5-6 (3) Step back on L, (4) step R next to L, (5) step fwd. on L, (6) hold 6.00
7-8 (7-8) Kick R fwd. twice 6.00

[57-64] Shuffle back, back rock, step fwd., step side bumping hips

1&2 (1) Step back on R, (&) step L next to R, (2) step back on R 6.00
3-4 (3) Rock back on L, (4) recover onto R 6.00
5-6-7-8 (5) Step fwd. on L, (6-7-8) step R to R and bump hips R, L, R 6.00

Restart: There is one Restart on wall 2 after 32 counts, you'll be facing 6.00

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