

# This Is The Life

**COPPER** **KNOB**  
STEPSHETS

Count: 16

Wand: 4

Ebene: Beginner

Choreograf/in: Hiroko Carlsson (AUS) - March 2024

Musik: This Is The Life - LIZOT & KYANU



Intro: 8 counts)

**[S1] Cross Rock, Side, Cross Rock, Side, Behind Rock, Side, Behind Rock, Side**

1&2 Rock/cross R over L, Replace weight on L, Step R to the side  
3&4 Rock/cross L over R, Replace weight on R, Step L to the side  
5&6 Rock/cross R behind L, Replace weight on L, Step R to the side  
7&8 Rock/cross L behind R, Replace weight on R, Step L to the side

**[S2] Coaster Step, Step-Pivot 1/4R-Cross, Side Rock-Cross-Side-Behind Rock-Scissor- (Cross to start)**

1&2 Step back on R, Step L beside R, Step forward on R  
3&4 Step forward on L, Make a ¼ turn right recover weight on R (3:00), Cross L over R  
5&6& Rock R to the side, Replace weight on L, Cross R over L, Step L to the side  
7&8& Rock/cross R behind L, Replace weight on L, Step R to the side, Step L next to R

[hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com)