

A Lifetime

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate NC

Choreographer: Emma Skov Støttrup Mainz (DK) & Lene Mainz Pedersen (DK) - April 2018

Music: A Lifetime - Hush : (iTunes)



#16 Count Intro – Approx. 13 seconds - (Begin on Lyric)

Basic R, Step L, Behind, Turn ¼ L, Turn ½ L with Sweep, L Behind, Step R, Cross Rock L, Recover, Step L

1,2& Step long Step R on R, Step L behind R, Cross R in front of L
3,4& Step L to L side, Step R behind L, Turn ¼ L step L fwd (9:00)
5 Turn ½ L step back on R sweeping L from front to back (3:00)
6&7 Step L behind R, Step R to R side, Cross L in front of R
8& Recover on R, Step L to L side

Cross Rock R, Recover, Step R, Cross Unwind R, Chasse R, Chasse L, Step ½ Turn in diagonal, Step L together, Step R

1,2& Cross R in front of L, Recover on L, Step R to R side
3 Cross L in front of R while making a full turn R hitching R beside L
4&5 Step R to R side, Step L beside R, Rock R to R side ***
6&7 Step L to L side, Step R beside L, Step L to L side (turn L foot to L diagonal)
8&1 Step fwd on R in the diagonal (1:30) while turning ½ turn L, Step L beside R, Step fwd on R (7.30)

Part of a Diamond, Lunge L, Recover, Shuffle ½ L

2&3 Cross L in front of R, Step back on R, Step back on L (4:30)
4&5 Step behind R, Step L to L side, Cross R in front of L (1:30)
6,7 Lunge fwd on L, Recover on R
8&1 Turn ¼ L step L to L side, Step R beside L, Turn ¼ L Step L fwd (7:30)

Cross R, Back, Back, Cross L, Back, Back, Rock Back, Pencil Turn on L, Touch, Point, Touch

2&3 Cross R in front of L, Step back on L, Step back on R
4&5 Cross L in front of R, Step back on R, Step back on L
6,7 Rock back on R, Recover on L making a 1/8 pencil turn L (3:00)
&8& Touch R beside L, Point R to R side, Touch R beside L

Start again

***Tag & Restart During Wall 3 (6:00) - Sec. 2 after Count 5 - Chasse ¼ L, Touch, Point, Touch**

6&7 Step L to L side, Step R beside L, turn ¼ L stepping L fwd (6:00)
&8& Touch R beside L, Point R to R side, Touch R beside L

Tag – after Wall 7 – Basic R, Basic L (6:00)

1,2& Step long Step R on R, Step L behind R, Cross R in front of L
3,4& Step long Step L on L, Step R behind L, Cross L in front of R

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