

# Life's About Joy And Pain

**COPPER** KNOB  
STEPSHEETS

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Michel Cabana (CAN) - August 2018

Music: Life's About To Get Good - Shania Twain



Tag: 4 count Tag after walls 1, 3 & 5

Restart: On wall 6 after 16 counts

## **SIDE, TOGETHER, SHUFFLE SIDE, CROSS ROCK, RECOVER, SHUFFLE ¼ TURN LEFT**

- 1-2 Step right to the right, step left beside right  
3&4 Step right to the right step left beside right, step right to the right  
5-6 Cross rock left over right, recover on the right  
7&8 Step left to the left, step right beside left, pivot ¼ turn left as you step forward on the left

## **PADDLE TURNS, ROCK & BACK, WALK BACK TWICE, COASTER STEP**

- 1-2 Pivot ¼ turn left as you touch right to the right, pivot ¼ turn left as you touch right to the right  
3&4 Rock forward on the right, recover on the left, step back on the right  
5-6 Step back on the left, step back on the right  
7&8 Step back on the left, step right beside left, step forward on the left

## **ROCK & TOGETHER, WALK, WALK, ROCK & TOGETHER, WALK, WALK**

- 1&2 Rock forward on the right, step back slightly on the left, step right beside left  
3-4 Step forward on the left, step forward on the right  
5&6 Rock forward on the left, step back slightly on the right, step left beside right  
7-8 Step forward on the right, step forward on the left

## **ROCK, RECOVER, SHUFFLE ½ TURN RIGHT, WALK, WALK, SHUFFLE ½ TURN RIGHT**

- 1-2 Rock forward on the right, recover on the left  
3&4 Pivot ¼ turn right as you step right to the right, step left beside right, pivot ¼ turn right as you step right forward  
5-6 Step left forward, step right forward  
7&8 Pivot ¼ turn right as you step left to the left, step right beside left, pivot ¼ turn right as you step left back

## **¼ ROCK, RECOVER, CROSS SHUFFLE, ¼ RIGHT, ¼ RIGHT, CROSS MAMBO**

- 1-2 Pivot ¼ turn right as you rock right to the right, recover on the left  
3&4 Cross right over left, step left to the left, cross right over left  
5-6 Pivot ¼ turn right as you step left back, pivot ¼ turn right as you step right to the right  
7&8 Cross rock left over right, recover on the right, step left to the left

## **CROSS, BACK, SHUFFLE SIDE, CROSS ROCK, RECOVER, ¼ LEFT, TOUCH**

- 1-2 Cross right over left, step back on the left  
3&4 Step right to the right, step left beside right, step right to the right  
5-6 Cross rock left over right, recover on the right  
7-8 Pivot ¼ turn left as you step left forward, touch right beside left

## **TAG: MAMBO RIGHT, MAMBO LEFT**

- 1&2 Rock right to the right, recover on the left, step right beside left  
3&4 Rock left to the left, recover on the right, step left beside right

RESTART: Restart on wall 6 after 16 counts

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