

A Happy Life!

COPPERKNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Keriann Marshall (USA) & Jeanne Chamas (USA) - January 2019

Music: A Long and Happy Life - Delta Rae



Intro: Begin on lyrics

SKATE R-L, SHUFFLE FWD, SKATE LR SHUFFLE ¼ TURN

1-2 Skate R, Skate L
3&4 Shuffle at diagonal to right (R L R)
5-6 Skate L, Skate R
7&8 Shuffle ¼ turn to left (L R L) (9:00)

FWD ROCK RECOVER R COASTER STEP ½ PIVOT SHUFFLE FWD

1-2 Rock fwd on R, Recover back on L
3&4 Step R back, step L next to R, step R forward
5-6 Step forward L ½ pivot (3:00)
7&8 Shuffle forward left (L R L)

SIDE ROCK L RECOVER R, BEHIND SIDE CROSS 2X (R & L)

1-2 Side rock R to R side, recover L
3&4 Cross R behind L, step L to L side, cross R over L
5-6 Side rock L to L side, recover R
7&8 Cross L behind R, step R to R side, cross L over R

KICK BALL CHANGE 2x, ½ PIVOT STOMP STOMP

1&2 Kick R forward, Step R next to L, Step L next to R
3&4 Kick R forward, Step R next to L, Step L next to R
5-6 Step forward R ½ pivot (3:00)
7-8 Stomp R, Stomp L

REPEAT
