

My Whole Life Long

COPPER **KNOB**
BY STEPSHEETS

Count: 32

Wall: 2

Level: Improver

Choreographer: Nathan Gardiner (SCO) - February 2020

Music: My Whole Life Long - Delta Rae



Intro: 16 counts

Cross Rock, Side Rock, Recover, Cross Shuffle, Side Rock, Recover

- 1-2 Cross rock R over L, Recover on L
- 3-4 Rock out to R side, Recover on L
- 5&6 Cross R over L, Step L to L side, Cross R over L
- 7-8 Rock out to L side, Recover on R

Cross Shuffle, ¼ L, ¼ L, Rock Forward, Recover, Coaster Step

- 1&2 Cross L over R, Step R to R side, Cross L over R
- 3-4 ¼ L stepping back on R, ¼ L stepping forward on L
- 5-6 Rock forward on R, Recover on L
- 7&8 Step back on R, Step L next to R, Step forward on R (slightly crossed over L)

Side L, Behind, Side L, Touch, ¼ R, ½ R, ¼ R, Cross

- 1-2 Step L to L side, Step R behind L
- 3-4 Step L to L side, Touch R next to L
- 5-6 ¼ R stepping forward on R, ½ R stepping back on L
- 7-8 ¼ R stepping R to R side, Cross L over R

Chasse R, Rock Back, Recover, Chasse L, Behind, Side L

- 1&2 Step R to R side, Step L next to R, Step R to R side
- 3-4 Rock back on L, Recover on R
- 5&6 Step L to L side, Step R next to L, Step L to L side
- 7-8 Step R behind L, Step L to L side

Contact: nathan.gardiner1998@hotmail.co.uk