

# Essence of life (나의 삶의 결이)

COPPER KNOB  
BY STEPSHEETS

Count: 34

Wall: 4

Level: Beginner

Choreographer: Heejin Kim (KOR) & Kyungjoon Park (KOR) - June 2020

Music: Essence of Life (나의 삶의 결이) - Markers Worship (마커스워십)



## [1-8] R Basic, L Basic, R Forward Rock & back, L Back Rock & Forward

12& RF Step Side, LF Step Behind, RF Cross Over  
34& LF Step Side, RF Step Behind, LF Cross Over  
56& RF Step Forward, LF Recover, RF Step Backward  
78& LF Step Backward, RF Recover, LF Step Forward

## [9-16] Forward (R,L,R), 1/2 Turn R, Forward (L,R,L), 1/2 Turn L

1 2 RF Step Forward, LF Step Forward  
34& RF Step Forward, LF Step Forward, RF 1/2 Turn R Step forward (6:00)  
5 6 LF Step Forward, RF Step Forward  
78& LF Step Forward, RF Step Forward, LF 1/2 Turn L Step forward (12:00)

## [17-24] Cross Rock & Side (R,L), Body sway (R,L), Big Step Side and Drag, Touch

12& RF Cross over, LF Recover, RF Step Side  
34& LF Cross over, RF Recover, LF Step Side  
5 6 Body sway R, L  
7 8 RF Big Step R with LF Drag, LF Touch Together

## [25-32] Diamond Step, Over Vine with Sweep, Back Over Vine with Sweep

12& LF Step Side, RF Cross over LF Step Side  
34& RF 1/8 Turn R Step backward, LF Step backward, RF 1/8 Turn R Step R (3:00)  
56& LF Cross over with RF Sweep Forward, RF Cross over, LF Step Side  
78& RF Cross Back with LF Sweep Back, LF Step behind, RF Step Side

## [33-34] Cross and Sweep, Touch

1 2 LF Cross over with RF Sweep forward, RF Touch together

## \*Tag After wall 4th, 7th

1-4 1/4 Turn L Step Forward (R,L,R,L)