

# Lifestyles

**COPPER** **KNOB**  
BY STEPHEN METZ

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** K. Sholes (USA) & Shirley Blankenship (USA) - May 2021

**Music:** Lifestyle (feat. Adam Levine) - Jason Derulo



## Section 1: Hip-push, Step X4

1&2 3&4      Touch R forward, push hip, Step on R, Touch L forward, Push hip, Step on L,  
5&6 7&8      Touch R forward, Push hip, Step on R, Touch L forward, Push hip, Step on L.

## Section 2: 1/4 turn Hip Roll X2, 1/4 Jazz Box

1-4            Step R forward, Roll hip 1/4 left, Step R forward, Roll hip 1/4 left,  
5-8            Step R across L, Step L back, Step R 1/4 right, Step L next to R.

## Section 3: Cha Cha Cha, Rock, Recover X2

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

## Section 4: Brush, Brush, Shuffle, Rock, Recover, Coaster Step

1 2 3&4        Brush R toe forward, Brush R toe across L, Step R forward, Step L next to R, Step R forward,  
5 6 7&8        Rock L forward, Recover R, Step L back, Step R back, Step L forward.

**Begin Again! It's All About Fun!**

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