

A Life I Can Live By

COPPER **KNOB**
BY SHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Nancy Rosera (USA) - December 2022

Music: A Life I Can Live By - Monarch Cast, Anna Friel & Trace Adkins



Walk Fwd, Shuffle Fwd, Rock Fwd, Recover, Coaster

1 2 Walk fwd R L
3&4 Shuffle fwd R L R
5 6 Rock fwd L, recover R
7&8 Coaster step - back L, back R, fwd L

Cross Rock, Recover, 1/4 Shuffle, Rock, Coaster

1 2 Cross rock R over L, recover L
3&4 Turn 1/4 right, shuffle R L R
5 6 Rock fwd L, recover R
7&8 Coaster step - back L, back R, fwd L

Modified Rumba Box

1 2 Side R, tog L
3&4 Shuffle fwd R L R
5 6 Side L, tog R
7&8 Shuffle back L R L

R Vine w/shuffle, Cross Rock, Recover, Shuffle

1 2 Side R, L behind R
3&4 Side shuffle R L R
5 6 Cross rock L over R, recover R
7&8 Side shuffle L R L

Restarts:

Wall 3 (6:00) after 16 c (9:00)

Wall 6 (3:00) after 16c (6:00)

Contact: Nancy Rosera moenslake@yahoo.com