

# Slow, It's My Life

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

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Heru Tian (INA) - June 2024

Music: It's My Life (feat. Dave Moffatt) - Music Travel Love



## \*\*\*3 Tags, 3 Restarts

### \*\*\*Tag1 4C on Wall 2 & 7 after 16C (6.00 & 9.00)

#### Stomp Back, Stomp Fwd, Hold

1234 Stomp RF backward (1), Stomp LF fwd (2), Hold 2C (3,4)

### \*\*\*Tag2 4C at the end of Wall 10 (6.00)

#### Stomp Fwd, Stomp Left, Hold

1234 Stomp RF fwd (1), Stomp LF to L Side (2), Hold 2C (3,4)

### \*\*\*Restart on Wall 2&7 after 16C & 4C Tag1 (6.00 & 9.00)

### \*\*\*Restart on Wall 5 after 16C (facing 3.00)

## Section 1 : Fwd, Sweep, Cross Shuffle, Side Rock, 1/4R Sailor

12 Step RF fwd (1), Sweep LF back to front (2)  
3&4 Cross LF over RF (3), Step RF to R Side (&), Cross LF over RF (4)  
56 Rock RF to R Side (5), Recover on LF (6)  
7&8 Sweep RF, 1/4R, Step RF back (7), Step LF beside RF (&), Step RF fwd (8) (3.00)

## Section 2 : Rock Fwd, Triple Turn L, Rock Fwd, Full Turn R

12 Rock LF fwd (1), Recover on RF (2)  
3&4 1/2L, Step LF fwd (3), Step RF next to LF (&), 1/2L, Step LF fwd (4)  
56 Rock RF fwd (5), Recover on LF (6)  
78 1/2R, Step RF fwd (7), 1/2R, Step LF back (8)

## Section 3 : Rock Back, Side Rock, Cross, Side, Behind, 1/4L Fwd Shuffle

12 Rock RF backward (1), Recover on LF (2)  
3&4 Rock RF to R Side (3), Recover on LF (&), Cross RF over LF (4)  
56 Step LF to L Side (5), Cross RF behind LF (6)  
7&8 1/4L, Step LF fwd (7), Step RF next to LF (&), Step LF fwd (8) (12.00)

## Section 4 : Pivot 1/4L, Cross Shuffle, Hinge 1/2R, Cross, Hitch

12 Step RF fwd (1), Pivot 1/4L, Step LF in place (2) (9.00)  
3&4 Cross RF over LF (3), Step LF to L Side (&), Cross RF over LF (4)  
56 1/4R, Step LF back (5), 1/4R, Step RF to R Side (6) (3.00)  
78 Cross LF over RF (7), Hitch RF (8)

Start again..

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Last Update: 9 Jun 2024