

# Life Goes On

**COPPER** KNOB  
STEPSHEETS

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Nicola Wakefield (UK)

Music: Life Goes On - LeAnn Rimes



## **WALK BACK, BACK, COASTER STEP, CROSS POINT, HOLD, TOUCH, POINT**

- 1-2 Walk back stepping right, left
- 3&4 Step right back, close left to right, step right forward
- 5-6 Cross left over right, point right to right side
- 7&8 Hold, touch right toe to left foot, point right toe to right side

## **KICK STEP STEP, SWAY, SWAY, RIGHT SAILOR STEP, LEFT SAILOR STEP**

- 1&2 Kick right foot to right diagonal, step right in place, step left in place
- 3-4 Sway hips left, right
- 5&6 Step right behind left, step left to left, step right to right
- 7&8 Step left behind right, step right to ride, step left to left

## **CROSS SHUFFLE, HINGE TURN, CROSS ROCK, CHASSE**

- 1&2 Cross step right over left, step left to left side, cross step right over left
- 3-4 Turn  $\frac{1}{4}$  right stepping back on left, turn  $\frac{1}{4}$  right stepping right to right side
- 5-6 Cross left over right, recover onto right
- 7&8 Step left to left side, close right to left, step left to left side

## **CROSS UNWIND $\frac{1}{2}$ , STEP $\frac{1}{4}$ , JAZZ BOX, CROSS SHUFFLE**

- 1-2 Cross right over left, unwind  $\frac{1}{2}$  turn to left
- 3&4 Step right forward, step left back making a  $\frac{1}{4}$  turn right, step right to right side
- 5&6 Cross left over right, step back on right, step left back to left side
- 7&8 Cross step right over left, step left to left side, cross step right over left

## **POINT, POINT AND HEEL, STEP TURN, SHUFFLE FORWARD**

- 1-2 Point left toe to left side, point left toe forward
- &3&4 Step left beside right, drop right heel forward, close right foot to left, step forward on left
- 5-6 Step back on right making  $\frac{1}{4}$  turn left, touch left to left side
- 7&8 Step forward on left, close right beside left, step forward on left

## **PIVOT TURN, SHUFFLE, FULL TURN, MAMBO**

- 1-2 Step forward on right foot, make  $\frac{1}{2}$  turn left
- 3&4 Step forward on right, close left to right, step forward on right
- 5-6 Turn  $\frac{1}{2}$  right stepping left back, turn  $\frac{1}{2}$  right stepping right forward
- 7&8 Rock left forward, recover onto right, close left beside right, taking weight onto left

## **LOCK STEP, PIVOT TURN STEP, TOE SWITCHES WITH A HITCH**

- 1&2 Step right foot forward, lock left behind right, step right foot forward
- 3&4 Step left foot forward, make a  $\frac{1}{2}$  turn right, step forward on left
- 5&6 Point right toe to right side, close right to left, point left toe to left side
- &7&8 Close left to right, point right toe to right side, hitch right knee, point right toe back to right side

## **CROSS UNWIND $\frac{3}{4}$ , SWEEP, BEHIND AND CROSS, TAP, TAP STEP, DRAG**

- 1-2 Cross right over left, unwind to left,  $\frac{3}{4}$  turn
- &3&4 Sweep left around, step left behind right, step right to right side, cross step left over right

5&6 Tap right toe to right side twice, step right foot down to right side  
7-8 Drag left foot to close beside right taking weight onto left popping right knee

**REPEAT**

**TAG**

After end of first wall

**PIVOT TURN TWICE, SIDE MAMBO TWICE, HEEL GRIND, COASTER STEP TWICE**

1-2-3-4 Step forward on right making  $\frac{1}{2}$  turn left, step forward on right making  $\frac{1}{2}$  turn left  
5&6 Rock right to right, recover onto left, close right to left  
7&8 Rock left to left side, recover onto right, close left to right  
1-2-3&4 Right heel grind forward, recover on left, step right back, close left to right, step forward on right  
5-6-7&8 Left heel grind forward, recover on right, step left back, close right to left, step forward on left

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