

# My Life

**COPPER** KNOB  
BY STEPHEN BATES

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Matt Barrett (UK)

Music: It's My Life - Bon Jovi



**Sequence: Start the dance 16 counts into track**

**This is dedicated to Pauline Robinson**

## **STOMP RIGHT AND LEFT, HOLD FOR 2, HEEL JACKS LEFT, RIGHT**

- 1-4 Stomp right, stomp left, hold for two counts  
&5&6 Step left back, dig right heel forward, step right back, step left beside right  
&7&8 Step right back, dig left heel forward, step left back, step right beside right

## **HEEL JACKS LEFT, RIGHT, KICK TWICE, RIGHT SAILOR STEP**

- &1&2 Step left back, dig right heel forward, step right back, step left beside right  
&3&4 Step right back, dig left heel forward, step left back, step right beside right  
5-6 Kick right forward, kick right to right side  
7&8 Step right back, step left to side, step right to right

## **KICK TWICE, LEFT SAILOR STEP, CROSS ROCK, ¼ TURN SHUFFLE**

- 1-2 Kick left forward, kick left to left side  
3&4 Step left back, step right to side, step left to right  
5-6 Cross rock right over left, recover onto left  
7&8 Step right ¼ turn to right, turn step left behind right, step right forward

## **STEP ¼ TURN, CROSS, STEP, BEHIND, TOUCH CROSS, TOUCH**

- 1-2 Step left forward, pivot ¼ turn to right (weight ending on right)  
3-4 Cross left over right, step right to right  
5-6 Cross left behind right, touch right to right side  
7-8 Cross right over left, touch left to left side

## **LEFT JAZZ BOX, SCUFF HITCH STEP, RIGHT AND LEFT**

- 1-4 Left jazz box with a touch  
5&6 Scuff right forward, hitch right knee, step right forward  
7&8 Scuff left forward, hitch left knee, step left forward

## **STOMP, STOMP, HEEL SWIVELS, RIGHT TOE STRUT BACK, LEFT TOE STRUT BACK**

- 1-2 Stomp right forward, stomp left slightly back  
&3&4 Swivel both heels out, in, out, in  
5-6 Right toe strut back  
7-8 Left toe strut back

**REPEAT**

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