

# The Sweet Life

**COPPER** **NOB**  
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Carrie Ann Green (ES) - April 2014

Music: This Is the Life - Sweet California



**16 Count intro - 1 Tag, 1 Restart**

**Section 1: Right Sailor Step, Left Mambo back, Monterey ½ Turn, Switch and Switch**

- 1&2 Cross right behind left, step left to side, step right to side
- 3&4 Rock left back, recover onto right, step left beside right
- 5-6 Point right toe to right side, pivot ½ right bringing right foot in place (6.00)
- 7&8 Point left toe to left side, & step left foot in place, point right foot to right side

**Restart the dance here on wall 10 facing 3.00**

**Section 2: Ball cross ¼ turn Left, Coaster Step, Walk forward Right, Left (or Full turn Left), Shuffle Forward**

- &1-2 Step down on right, cross left over right, make ¼ turn left stepping right foot back (3.00)
- 3&4 Step left foot back, close right beside left, step forward left
- 5-6 Walk forward right, left (optional full turn Left)
- 7&8 Shuffle fwd Right, (R,L,R)

**Section 3: Rock forward, recover, Turn, Turn, Rock back, recover, step, ½ pivot right**

- 1-2 Rock forward on Left, recover onto right
- 3-4 turning ½ turn Left Stepping Forward on Left (9.00) turning ½ turn Left Stepping back on Right (3.00)

**(Counts 3-4 are a full rolling turn back - Alternative step – walk back on left, right)**

- 5-6 Rock back on left, recover onto right
- 7-8 Step forward on left, 1/2 pivot turn right (9.00)

**Section 4: Side Strut, Turn Strut, Turn Strut, (or Side strut, cross strut, side strut) Stomp, Kick**

- 1-2 Touch left toe to side, drop left heel down (click fingers)
- 3-4 ¼ turn left (pivot on ball of left) touch right to right side, drop right heel down (click fingers) (6.00)
- 5-6 ¼ turn right (pivot on ball of right) touch left to left side drop left heel down (click fingers) (9.00)

**(Alternative steps 1- 6: Left side strut, Right cross strut over left, Left side strut)**

- 7-8 Stomp Right foot, Kick Right to right diagonal

**Tag end of wall 4 facing 12.00, 8 counts:**

- 1 2 &3 4 Step Right to Right side, Hold, Ball Step Right, touch left
- 5 6 &7 8 Step Left to Left side, Hold, Ball Step Left, kick right to right diagonal

**End of dance facing 9.00 after Stomp, Kick, do a sailor ¼ turn to the right to face front wall**

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Last Update - 27th April 2014