

# AB Life Rolls On

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

**Compte:** 32

**Mur:** 1

**Niveau:** Absolute Beginner / Beginner

**Chorégraphe:** Janet Cummings (USA) - 16 February 2021

**Musique:** Life Rolls On - Florida Georgia Line



**Intro: 16 Counts - No Tags/Restarts**

**Weight on Left...**

**SECTION 1: R POINT TO SIDE, TOUCH CENTER, STEP FORWARD, L TOUCH; L POINT TO SIDE, TOUCH CENTER, STEP BACK, R TOUCH**

1, 2, 3, 4      R Point to Side, Touch to Center, Step Forward, L Touch to Center

5, 6, 7, 8      L Point to Side, Touch to Center, Step BACK, R Touch to Center

**NOTE: Beginners...to make this a 4-wall dance, change the last two counts - Turn ¼ Left-Step L (7), Touch R (8).**

**SECTION 2: ROCKING TOE STRUT**

1, 2      R Toes Step Back, Drop Heel

3, 4      L Toes Step Forward, Drop Heel

5, 6      R Toes Step Back, Drop Heel

7, 8      L Toes Step Forward, Drop Heel

**SECTION 3: R HEEL GRIND, L STEP TOGETHER, R POINT TO SIDE, CLOSE; L HEEL GRIND, R STEP TOGETHER, L POINT TO SIDE, CLOSE**

1, 2      R Heel Grind, L Step Together

3, 4      R Point to Side, R Step Next to L with Weight

5, 6      L Heel Grind, R Step Together

7, 8      L Point to Side, L Step Next to R with Weight

**Note: If you struggle with Heel Grinds, simply Step to Side, Step Together, Point, Close**

**SECTION 4: MODIFIED K STEP**

1, 2      R Step Diagonally Forward, L Touch,

3, 4      L Step Diagonally Back, R Touch

5, 6      R Step Diagonally Back, L Touch

7, 8      L Step Diagonally Forward, R Cross-Hitch

**\*\*\*Note...Dancers, this dance is # 23 in my AB Series (#59 overall). Please feel free to check out the others. In this dance we do a Rocking Toe Strut, and we get more practice with a Heel Grind. This cute little dance also encourages balance, and it does not take up much space so it fits right into today's Social Distancing...use it on its own...or as a floor split.**

**As always, so very grateful for your support, do be well and safe, always. God bless.**

**Contact: [jcumings246@aol.com](mailto:jcumings246@aol.com)**