

This Is The Life

COPPER **KNOB**
BY SHEETS

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Ira Barie (INA) - November 2022

Musique: This Is The Life (feat. Zoë Low) - Little Kings & Kalkovich



No Tag No Restart

Intro 16 Count

I. Half Rumba Box, Rock Forward, Recover, 1/2 Turn L, 1/4 Pivot Turn L, Cross Shuffle, Side, Touch Diagonally Forward, Together

- 1&2 Step RF to side, step LF together, step RF forward
- 3&4 Rock LF forward, recover on RF, 1/2 turn L step LF forward (6 o'clock)
- 5& Step RF forward, 1/4 turn L (weight on LF) (3 o'clock)
- 6&7 Step RF cross over LF, step LF to side, step RF cross over LF
- &8& Step LF to side, touch RF diagonally forward, step RF next to LF

II. Cross, 1/4 turn L Backward with Sweep, Coaster Step, Syncopated Rocking Chair, Forward Lock Shuffle

- 1,2 Step LF cross over RF, 1/4 turn L stepping RF backward with LF sweep front to back
- 3&4 Step LF backward, step RF next to LF, step LF forward
- 5&6& Step RF forward, recover on LF, step RF backward, recover on LF
- 7&8 Step RF forward, step LF behind RF, step RF forward

III. Syncopated Weave to L, 1/4 turn L, Forward, 1/4 turn L, Cross Shuffle

- 1,2& Step LF to side, step RF cross behind LF, step LF to side
- 3&4& Step RF cross over LF, step LF to side, step RF cross behind LF, 1/4 turn L stepping LF forward (9 o'clock)
- 5,6 Step RF forward, 1/4 turn L (weight on LF) (6 o'clock)
- 7&8 Step RF cross over LF, step LF to side, step RF cross over LF

IV. Samba Whisk, 1/4 Turning R Chasse, 1/4 Pivot Turn R, Cross, 1/4 Turn L Backward, 1/2 Turn L Forward

- 1,2& Step LF to side, step RF cross behind LF, recover on LF
 - 3&4 Step RF to side, step LF next to RF, 1/4 turn R stepping RF forward (9 o'clock)
 - 5&6 Step LF forward, 1/4 turn R (weight on RF), step LF cross over RF (12 o'clock)
 - 7. 1/4 turn L stepping RF backward (9 o'clock)
 - 8. 1/2 turn L stepping LF forward (3 o'clock)
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