

# A Life I Can Live By

**COPPER** **KNOB**  
BY SHEETS

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Nancy Rosera (USA) - December 2022

**Musique:** A Life I Can Live By - Monarch Cast, Anna Friel & Trace Adkins



## Walk Fwd, Shuffle Fwd, Rock Fwd, Recover, Coaster

1 2 Walk fwd R L  
3&4 Shuffle fwd R L R  
5 6 Rock fwd L, recover R  
7&8 Coaster step - back L, back R, fwd L

## Cross Rock, Recover, 1/4 Shuffle, Rock, Coaster

1 2 Cross rock R over L, recover L  
3&4 Turn 1/4 right, shuffle R L R  
5 6 Rock fwd L, recover R  
7&8 Coaster step - back L, back R, fwd L

## Modified Rumba Box

1 2 Side R, tog L  
3&4 Shuffle fwd R L R  
5 6 Side L, tog R  
7&8 Shuffle back L R L

## R Vine w/shuffle, Cross Rock, Recover, Shuffle

1 2 Side R, L behind R  
3&4 Side shuffle R L R  
5 6 Cross rock L over R, recover R  
7&8 Side shuffle L R L

## Restarts:

Wall 3 (6:00) after 16 c (9:00)

Wall 6 (3:00) after 16c (6:00)

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