

# It's My Life (aka Gone)

**COPPER** **KNOB**  
STEPSHEETS

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate



**Chorégraphe:** Earleen Florka

**Musique:** It's My Life - No Doubt : (CD: The Singles)

Or Music: Gone by Montgomery Gentry [ 120 bpm WCS / CD: You Do Your Thing]; Somebody Like You by Keith Urban [ 112 bpm ECS/Cha/Mambo / CD: Golden Road ]

## **SLIDE LEAN, DRAG, BODY ROLL, WALKS**

- 1 Step our right (while slightly leaning to right)
- 2 Drag right toe next to left instep
- 3&4 Body roll (starting with head, rolling down shoulders, hips, knees)
- 5-8 Step forward right, left, right, left (left takes weight)

## **KICK RIGHT, STEP, TOUCH HOLD, BUMPS, STEP, TOUCH, SWEEP**

- 9 Kick right forward
- & Step back on right
- 10 Touch left toe forward-hold
- 11&12 Bump left hip forward 2 times (keeping weight on right)
- 13 Step down on left
- 14 Touch right next to left (left takes weight)
- 15-16 ¼ Turn sweep to left with right toe (while pivoting on left foot)

## **KICK & STEP, HEEL TAPS, CROSS STEP TOUCH, TURN, HEEL TAPS**

- 17 Kick right forward
- &18 Step back right, left (left takes weight)
- &19 Lift both heels up/down (using both knees to pop up/down)
- &20 Repeat &19 (on count 20, left takes weight)
- 21&22 Cross right over left, step back on left, touch right forward
- &23 Lift up/down on both heels while pivoting 1/8 turn to left (using both knees to pop up/down)
- &24 Repeat &23 (left takes weight on count 24)

## **CROSS HEEL JACKS RIGHT & LEFT, ¼ TURN LEFT CROSS HEEL JACKS, STEP BACK, HEEL TOUCH, STEP CENTER, TOE TOUCH, KNEE LIFT UP**

- &25&26 Cross right over left, step left to left, touch right heel forward
- &27&28 Cross left over right, step right to right, touch left heel forward
- &29&30 ¼ turn left on left, cross right over left, step back on left, touch right heel forward
- &31 Step back on right, touch left toe forward
- &32 Step left to center, hitch right knee next to left

## **REPEAT**

I dedicate this dance to Kim Bowers