

It's My Life (aka Gone)

COPPER **KNOB**
BY STEPHEN

Compte: 32

Mur: 4

Niveau: Low Intermediate

Chorégraphe: Earleen Wolford (USA) - January 2012

Musique: It's My Life - No Doubt

ou: Gone - Montgomery Gentry



Other music: Somebody like you-Keith Urban, Bringin' da noise-Nsync, Lets dance-Five.

[1-8] SLIDE LEAN, DRAG, BODY ROLL, WALKS

- 1,2 Step our R (while slightly leaning to right) (1), Drag R toe next to L (2)
- 3,4 Body roll (starting with head, rolling down shoulders, hips, knees) (3,4)
- 5-8 Step forward R, L, R, L (5-8) (left takes weight) (12:00)

[9-16] KICK R, STEP, TOUCH, BUMPS, STEP, TOUCH, ¼ TURN SWEEP

- 9&10 Kick R forward (9), Step back on R (&), Touch L toe forward (10)
- 11&12 Bump L hip forward 2 times (11&12) (keep weight on R)
- 13,14 Step down on L (13), Touch R next to L (14) (left takes weight)
- 15,16 ¼ turn sweep to left with R toe, while pivoting on left foot (15,16) (9:00)

[17-24] KICK, OUT OUT, HEEL LIFTS, CROSS, STEP, TOUCH, ¼ TURN HEEL LIFTS

- 17&18 Kick R forward (17), Step back R out to R (&), Step back L out to L (18)
- 19&20 Lift both heels up/down, using both knees to pop up/down
- 21&22 Cross R over L (21), Step back on L (&), Touch R forward (22)
- 23&24 Lift both heels up/down, while pivoting 1/4 turn to left, using both knees to pop up/down (L takes weight on count 24) (6:00)

[25-32] CROSS HEEL JACKS R&L, ¼ TURN L CROSS HEEL JACKS, STEP BACK, HITCH

- 25&26 Cross R over L (25), Step L to left (&), Touch R heel forward (26)
- 27&28 Cross L over R (25), Step R to right (&), Touch L heel forward (28)
- 29&30 ¼ turn left on L crossing R over L (29), Step back on L (&), Touch R heel Forward (30)
- &31 Step back on R (&), touch L toe forward (31)
- &32 Step L to center (&), Hitch R next to L (32) (L takes weight) (3:00)

START AGAIN...and feel the LIFE!!

Dedicated to: KIM BOWERS!! THX!