

# Life In Sunshine

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

拍数: 96                      墙数: 1                      级数: Phrased Intermediate  
编舞者: Karen Hannaford (NZ) & Phoenix Adamson (NZ) - August 2014  
音乐: Life In Sunshine - Jamie McDell : (Album: Six Strings and a Sailboat)



Sequenced. Part A 64 counts, 'a' is the first 40 counts of A, Part B 32 counts

Sequence - ABAB aBBa (All sequences start at 12:00) □  
Intro 16 counts (start on vocals)

## PART A – 64 counts

### [1-8] □ KICK BALL STEP, ½ TOE STRUT, COASTER, CROSS SAMBA

1&2,3,4                      Kick R foot forward, step R beside left, step L fwd, step R toe fwd, ½ turn left dropping R heel. 6:00

5&6,7&8                      Step L back, step R tog, step L fwd, Cross R over left, step L to side, step R to side 6:00

### [9-16] □ JAZZ SQUARE CROSS, ¼ SHUFFLE BACK, ½, BACK

1,2,3,4                      Cross L over right, step R back, step L to side, cross R over left 6:00

5&6                              Turn ¼ right and step back of L, step R next to left, step L back 9:00

7,8                                Turn ½ right and rock fwd on R, recover weight to L □ 3:00

### [17-24] □ BACK, COASTER STEP, FWD, BACK, COASTER STEP, FWD

1,2&3,4                      Step R back, step L back, step R tog, step L fwd, Step R fwd. □ 3:00

5,6&7,8                      Recover weight back to L, step R back, Step L tog, step R fwd, step L fwd 3:00

### [25-32] □ SIDE ROCK, BEHIND-SIDE-CROSS, SIDE ROCK, ¼ COASTER

1,2,3&4                      Rock R to side, recover weight on L, step R behind left, step L to side, cross R over left □ 3:00

5,6,7&8                      Rock L to side recover weight on R, turn ¼ left and step L back, step R tog, step L fwd 12:00

### [33-40] □ SIDE ROCK, BEHIND-SIDE-CROSS, SIDE ROCK, TOG, SIDE ROCK

1,2,3&4                      Rock R to side, recover weight to L, step R behind left, step L to side, cross R over left 12:00

5,6&7,8                      Rock L to side, recover weight on R, step L tog, rock R to side, recover weight on L \*

\*'a' finishes here □ 12:00

### [41-48] □ BACK, POINT, CROSS, SIDE SWITCHES, CROSS, SIDE ROCK

1,2,3                              Step back on R, point L to side, Cross L over right 12:00

4&5                                Point R to side, step R tog, Point L to side 12:00

6,7,8                                Cross L over right, rock R to side, recover weight on L 12:00

### [49-56] □ ¼ JAZZ SQUARE, FWD ROCK, RECOVER, ¼ SHUFFLE

1,2,3,4                      Cross R over left, step L back, turn ¼ right and step R to side, step L fwd 3:00

5,6,7&8                      Rock fwd on R, recover weight on L, turn ¼ right and step R to side, step L tog, step R to side 6:00

### [57-64] □ FWD ROCK, COASTER CROSS, MONTEREY AND POINT

1,2,3&4                      Rock L fwd, recover weight to R, step L back, step R beside left, cross L over right 6:00

5,6,7&8                      Point R to side, turn ½ right stepping R next to left, point L to side, step L together, point R to side □ 12:00

## PART B – 32 counts

### [1 – 8] □ CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE SHUFFLE

1,2,3&4                      Cross rock R over left, recover weight to L, step R to side, step L tog, step R to side 12:00

5,6,7&8                      Cross rock L over right, recover weight to R, step L to side, step R tog, step L to side 12:00

**[9-16] □ FWD ROCK, COASTER STEP, ¼ PIVOT, ¼ PIVOT**

1,2,3&4      Rock R fwd, recover weight to L, Step R back, step L tog, step R fwd □ 12:00  
5,6,7,8      Step L fwd, pivot ¼ right taking weight on R, step L fwd, pivot ¼ right taking weight on R 6:00

**[17-24] □ CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE SHUFFLE**

1,2,3&4      Cross rock L over right, recover weight to R, step L to side, step R tog, step L to side 6:00  
5,6,7&8      Cross rock R over left, recover weight to L, step R to side, step L tog, step R to side 6:00

**[25-32] □ FWD ROCK, COASTER STEP, ¼ PIVOT, ¼ PIVOT**

1,2,3&4      Rock L fwd, recover weight to R, step L back, step R tog, step L fwd □ [6:00]  
5,6,7,8      Step R fwd, pivot ¼ left taking weight on L, Step R fwd, Pivot ¼ left taking weight on L [12:00]

**Contacts:-**

**Karen Hannaford (linedancergal@gmail.com)**

**Phoenix Adamson (partyfreak975@gmail.com)**

---