

# Life Moves On - (Livet Går Videre)

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Improver  
编舞者: Jessica Boström (SWE) - August 2017  
音乐: Livet Går Videre - Rasmus Seebach : (iTunes)



Intro: 16 counts (app. 12 secs. into track) Start with weight on L.

## S1: Fwd Rock. Side Rock. Behind Side. Cross Shuffle. Extended Weave.

1&2&      Rock R fwd, recover onto L, Rock R to R side, recover onto L.  
3&      Step R behind L, step L to L side.  
4&5      Cross R over L, step L to L side, cross R over L as you sweep L from front to back.  
6&7&      Cross L over R, step R to R side, step L behind R, step R to R side.  
8&1      Cross L over R, step R to R side, step L behind R as you sweep R from front to back.

## S2: Behind Side Fwd. Step Turn Step. Full Turn. Walk. Walk.

2&3      Step R behind L, step L to L side, step R fwd.  
4&5      Step L fwd, turn 1/2 R stepping onto R, step L fwd. (6.00)  
6&      Turn 1/2 L stepping back on R, turn 1/2 L stepping fwd on L. (6.00)

(easier option: two small runsteps fwd R,L.)

7-8      Step R fwd. Step L fwd.

\* Tag and restart here on wall 3.

## S3: Rumbabox 1/4 L x 2.

1&2      Step R to R side, step L beside R, step R back.  
3&4      Step L to L side, step R beside L, turn 1/4 L stepping L fwd. (3.00)  
5&6      Step R to R side, step L beside R, step R back.  
7&8      Step L to L side, step R beside L, turn 1/4 L stepping L fwd. (12.00)

## S4: Mambo Step. Coaster Cross. 1/4 1/4 Cross. Side Rock Cross.

1&2      Rock R fwd, recover onto L, step R back.  
3&4      Step L back, step R beside L, cross L over R.  
5&6      Turn 1/4 L stepping back on R, turn 1/4 L stepping L to L side, cross R over L. (6.00)  
7&8      Rock L to L side, recover onto R, cross L over R and slightly fwd.

\* There is one 4 count Tag with a Restart on wall 3 (12.00)

Make a slow rocking chair (6.00). Then restart from beginning.

Tag: 1-2-3-4. Rock R fwd. Recover on L. Rock R back. Recover on L.

Contact: [jessica.bostrom@hotmail.com](mailto:jessica.bostrom@hotmail.com) (If you need help with music.)