

# Life's About Joy And Pain

**COPPER** KNOB  
STEPSHEETS

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Michel Cabana (CAN) - August 2018  
音乐: Life's About To Get Good - Shania Twain



**Tag: 4 count Tag after walls 1, 3 & 5**

**Restart: On wall 6 after 16 counts**

## **SIDE, TOGETHER, SHUFFLE SIDE, CROSS ROCK, RECOVER, SHUFFLE ¼ TURN LEFT**

1-2            Step right to the right, step left beside right  
3&4           Step right to the right step left beside right, step right to the right  
5-6           Cross rock left over right, recover on the right  
7&8           Step left to the left, step right beside left, pivot ¼ turn left as you step forward on the left

## **PADDLE TURNS, ROCK & BACK, WALK BACK TWICE, COASTER STEP**

1-2            Pivot ¼ turn left as you touch right to the right, pivot ¼ turn left as you touch right to the right  
3&4           Rock forward on the right, recover on the left, step back on the right  
5-6           Step back on the left, step back on the right  
7&8           Step back on the left, step right beside left, step forward on the left

## **ROCK & TOGETHER, WALK, WALK, ROCK & TOGETHER, WALK, WALK**

1&2            Rock forward on the right, step back slightly on the left, step right beside left  
3-4            Step forward on the left, step forward on the right  
5&6            Rock forward on the left, step back slightly on the right, step left beside right  
7-8            Step forward on the right, step forward on the left

## **ROCK, RECOVER, SHUFFLE ½ TURN RIGHT, WALK, WALK, SHUFFLE ½ TURN RIGHT**

1-2            Rock forward on the right, recover on the left  
3&4            Pivot ¼ turn right as you step right to the right, step left beside right, pivot ¼ turn right as you step right forward  
5-6            Step left forward, step right forward  
7&8            Pivot ¼ turn right as you step left to the left, step right beside left, pivot ¼ turn right as you step left back

## **¼ ROCK, RECOVER, CROSS SHUFFLE, ¼ RIGHT, ¼ RIGHT, CROSS MAMBO**

1-2            Pivot ¼ turn right as you rock right to the right, recover on the left  
3&4            Cross right over left, step left to the left, cross right over left  
5-6            Pivot ¼ turn right as you step left back, pivot ¼ turn right as you step right to the right  
7&8            Cross rock left over right, recover on the right, step left to the left

## **CROSS, BACK, SHUFFLE SIDE, CROSS ROCK, RECOVER, ¼ LEFT, TOUCH**

1-2            Cross right over left, step back on the left  
3&4            Step right to the right, step left beside right, step right to the right  
5-6            Cross rock left over right, recover on the right  
7-8            Pivot ¼ turn left as you step left forward, touch right beside left

## **TAG: MAMBO RIGHT, MAMBO LEFT**

1&2            Rock right to the right, recover on the left, step right beside left  
3&4            Rock left to the left, recover on the right, step left beside right

**RESTART: Restart on wall 6 after 16 counts**

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