

# A Lifetime

COPPER KNOB  
STEP SHEETS

拍数: 32                      墙数: 4                      级数: Intermediate  
编舞者: Barbara Tobin (USA) - September 2018  
音乐: Baby, Now That I've Found You - Alison Krauss : (Amazon Digital)



## #16-count Tag at the end of walls 2 and 4

Intro: 32 counts, start with weight on L

### (1-8) Step, 1/2 right pencil turn, forward left lock step, 1/4 left pivot turn x2

1,2                      Step R forward, 1/2 right turn on ball of R with L toes next to R calf [6:00]  
3&4                      Step L forward, lock R behind L, step L forward  
5,6                      Step R forward, 1/4 left turn step L to left [3:00]  
7,8                      Step R forward, 1/4 left turn step L to left [12:00]

### (9-17) Cross, 1/4 right turn step back, 1/4 right turn sailor, walk x3, rock, recover, 1/4 right turn step

1,2                      Cross R over L, 1/4 right turn step L back [3:00]  
3&4                      1/4 right turn sweep R from front to back step R back, step L to left, step R forward [6:00]  
5,6,7                      Walk L/R/L  
8&1                      Rock R forward, recover L, 1/4 right turn step R to right [9:00]

### (18-24) Touch, 1/4 left turn step, touch R, kick ball step, step, 1/2 left turn pivot

2,3,4                      Touch L toe next to R, 1/4 left turn step L forward, touch R next to L [6:00]  
5&6                      Kick R forward, rock R back, recover L  
7,8                      Step R forward, 1/2 left turn step L forward [12:00]

### (25-32) 3/4 left rolling turn, cross rock, recover, side rock, recover, back rock, recover

1,2                      1/2 left turn step R back, 1/4 left turn step L to L [3:00]  
3,4                      Cross rock R over L, recover L  
5,6                      Rock R to right, recover L  
7,8                      Rock R back, recover L

**TAG: 16 counts (after wall 2 facing [6:00] and wall 4 facing [12:00] - Clock directions are for 1st tag)**

### Step/sweep x2, rock recover, 1/2 right turn, walk x2

1,2                      Step R forward, sweep L from back to front  
3,4                      Step L forward, sweep R from back to front  
5,6                      Rock R forward, recover L  
7,8                      1/2 right turn on L walk R/L [12:00]

### Step/sweep x2, rock recover, 1/2 right turn, walk x2

1,2                      Step R forward, sweep L from back to front  
3,4                      Step L forward, sweep R from back to front  
5,6                      Rock R forward, recover L  
7,8                      1/2 right turn on L walk R/L [6:00]

Please do not alter this step sheet in any way. If you would like to use it on your website, it must be used in its original format.

Contact the choreographer with your questions: [barbara.tobin@yahoo.com](mailto:barbara.tobin@yahoo.com)

Updated 10/10/2018