

# Adventure Of A Lifetime

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver / Intermediate  
编舞者: Amy Christian (USA) - April 2019  
音乐: Adventure of a Lifetime - Coldplay



**Intro: 32 Counts.**

## **CROSS SHUFFLE, ¼ FWD SHUFFLE, ¼ CROSS SHUFFLE, ¼ FWD SHUFFLE,**

1&2      Cross Shuffle R-L-R,  
3&4      ¼ left Fwd Shuffle L-R-L [9:00],  
5&6      ¼ right Cross Shuffle R-L-R [12:00],  
7&8      ¼ left Fwd shuffle L-R-L [9:00],

## **ROCK FWD, RECOVER, R COASTER STEP, PIVOT ½, FWD SHUFFLE,**

1-2      Rock fwd on R, Recover back on L,  
3&4      R Coaster Step,  
5-6      Step fwd on L, Pivot ½ turn right, stepping fwd on R [3:00],  
7&8      Shuffle fwd L,R,L,

## **KICK, KICK, R COASTER STEP, KICK, ¼ KICK, L COASTER STEP,**

1-2      Kick R across L, Kick R diagonally fwd,  
3&4      R Coaster Step,  
5-6      Kick L across R, Swivel on R foot as you Kick L fwd making a ¼ turn left [12:00],  
7&8      L Coaster Step,

**\*(Restart happens here on wall 10)**

## **SHUFFLE FWD, ½ SHUFFLE BACK, OUT, OUT, ACROSS, SIDE,**

1&2      Shuffle fwd R-L-R,  
3&4      ½ Shuffle back, turning right [6:00],  
5-8      Step R out to right side, Step L out to L side, Step R across L, Step L to left side,

**Start again!**

**RESTART – Happens on Wall 10. Dance 24 counts and start over!**

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