

# Life Is A Rodeo

**COPPER KNOB**  
BY STEPHEN T. C.

拍数: 32      墙数: 4      级数: Improver  
编舞者: Dan Albro (USA) - March 2020  
音乐: Life Is a Rodeo (feat. James Lann) - Mr Jay



**Intro: 32 counts – Start on the word “Buddy”**

**[1-8] CROSS, TOUCH, CROSS, TOUCH, CROSS, BACK, SIDE, CROSS (Figure Eight)**

1,2,3,4      Cross step R over L, touch L toe side, cross step L over R, touch R toe side  
5,6,7,8      Cross step R over L, step back L, step angle back R, cross step L over R 12:00

**[9-16] SHUFFLE SIDE, ROCK, REPLACE, ¼ TURN, ½ TURN, ¼ SHUFFLE SIDE**

1&2,3,4      Step side R, step L next to R, step side R, Rock back L, replace weight on R  
5,6      Turn ¼ right stepping back on L, turn ½ right stepping fwd R  
7&8      Turn ¼ right stepping side L, step R next to L, step side L 12:00

**[17-24] ROCK, REPLACE, KICK, BALL, CROSS, STEP SIDE, BUMP, BUMP, KICK**

1,2      Cross rock R behind L, replace weight on L  
3&4      Kick R angle fwd, step back on ball of R, cross step L over R  
5,6,7,8      Step side R, bump hips R, bump hips R, kick R fwd 12:00

**[25-32] BACK, TOUCH(CLAP), BACK, TOUCH(CLAP), STEP ¼ PIVOT, STEP ½ PIVOT**

1,2      Step back R, touch L next to R(clap hands)  
3,4      Step back L, touch R next to L(clap hands)  
5,6,7,8      Step fwd R, pivot ¼ left(weight L), step fwd R, pivot ½ left(weight L) 3:00

**Fun Options during the Chorus**

1-4      “Flying High” Raise arms up  
9-11      “Pick Yourself Up” Lower arms than raise them  
22-24      “Dust Yourself Off” Right hand brushes left arm twice than right knee  
29-32      “Life is a Rodeo” Raise right hand and make a circle motion(Lasso)