

# Life Style

COPPER KNOB  
STEP SHEETS

拍数: 32      墙数: 1      级数: Improver  
编舞者: Glories Putera Birawida (INA) - January 2021  
音乐: Lifestyle (feat. Adam Levine) - Jason Derulo



Intro : 16 count - No tag No Restart

## S1. (1-8) Side Rock, recover, cross Shuffle , side flick, cross Shuffle

1 2            ROck side on R (1), recover on L (2)  
3&4           RF cross over L (3), LF step L to L side (&), RF Cross over L (4)  
5 6            LF side L (5), Flick L (6)  
7&8           LF Cross Over R (7), RF step R to R Side (&) LF cross over R (8)

## S2. (9-16) Rock step, Lock Shuffle, L Touch, L turn 1/2, R Back Rock (Sit)

1 2            RF Forward on The Right Foot (1), Replace Weight Back onto L (2)  
3&4           RF Backward Shuffle R back (3) lock L front R (&) R backward R (4)  
5 6            LF Touch Behind L (5) Turn 1/2 to The left (6.00) (6)  
7 8            RF Step Back R (7) Rock Back oN R Angling Body R Dipping Down (Sit With look 12.00) (8)

## S3. (17-24) Cross point, cross point, rock step, couster step

1 2            LF cross over R (1), RF step R to R touch  
3 4            RF Cross over L (3), LF step L to L touch  
5 6            LF Forward oN The LF (5), Replace Weight Back Onto R (6)  
7&8           LF Back oN L (7), Close RF to LF (&) LF Forward oN The LF

## S4. (Cross Unwind, out out in in body rolled, shimmy)

1 2            RF cross over Left (1) turn 1/2 left (12.00) (2),  
& 3            RF out R side (&) LF out L Side (3)  
& 4            RF close in place R (&) LF close in place L (4)  
5 6            Bend kenes (5), Rolled body Up (6)  
7&8           Shimmy your Shoulder R (7) shimmy your shoulder Left (&) shimmy your shoulder R (8)

For more info about Step Sheet & song , Please contact :

Glories : [puterabirawida1986@gmail.com](mailto:puterabirawida1986@gmail.com)