

# Live Your Best Life

COPPER KNOB  
STEPSHEETS

拍数: 32                      墙数: 0                      级数: Beginner  
编舞者: Michelle Wright (USA) & Jeanne Chamas (USA) - March 2021  
音乐: Best Life - Spencer Ludwig



Easier options provided with in each section  
Dance starts on lyrics 20 sec into song

## Section 1: R Cross rock, R Back rock, R Cross step , L side toe point, L Cross rock, L Back Rock, L Cross step , R side toe point(SNAP R FINGER)

1&                      Step R over L , Recover on L  
2&                      Step R back, Recover on L  
3,4                      Cross R over L, Point L toe to L side  
5&                      Step L over R. Recover on R  
6&                      Step L back, Recover on R  
7,8                      Cross L over R, point R toe to R side as you snap fingers

### Section 1 Easy option:

1,2                      Point R toe across and in front of L, Point R toe back to diagonal  
3,4                      Cross R over L point L toe to L side  
5,6                      Point L toe across and in front of R, Point L toe back to diagonal  
7,8                      Cross L over R, Point R toe to R side

## Section 2: V step, 2 ¼ pivots with hip rolls

1,2,3,4                      Step R forward slightly on diagonal, Step L forward slightly on diagonal, Step R back to center, Step L next to R  
5,6, 7,8                      Step R forward , make a ¼ turn L rolling hips counter clockwise recover on L, Step forward R, make a ¼ turn rolling hips counter clockwise recover on L

## Section 3: R Rock recover,R ½ shuffle, step half pivot,L shuffle forward

1,2                      Step R forward, Recover on L  
3&4                      ¼ step R to R side, step L next to R, ¼ turn step R forward  
5,6                      Step forward L, ½ turn R putting weight on R  
7&8                      Step Forward L, step R next to L, step forward L

### Section 3 Easier option:

1,2                      Step R forward, Recover on L  
3&4                      Step R back, Step L next to R, Step R Back  
5,6                      Step L back, Recover R  
7&8                      Step L forward, Step R next to L, Step L forward

## Section 4: R and L Hip rolls, ¾ walk around with knee pops

1,2                      Step R to R side as Roll hips L to R counterclockwise, weight to R  
3,4                      Step L to L side as Roll hips R to L clockwise, weight to L  
5,6,7,8                      Make ¼ turn R Stepping R forward as you pop L knee up, Make a ¼ turn stepping L forward as you pop R knee up, Make a ¼ turn stepping R forward as you pop L knee, Step forward L as you pop Knee up

### Easy option 5,6,7,8: ¾ walk around

### TAG 2 counts end of wall 8:

1,2                      Step R to Right side as you snap to R side, recover L  
(Styling slightly bend R knee and bump hip down as you rock to R side)

End of dance! Have fun with it! Add as much sass and fun you would like!

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