

# Life Is a Dance Floor

**COPPER** KNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Beginner  
编舞者: Michelle Wright (USA) - November 2021  
音乐: Life Is A Dancefloor (feat. Kimberly Davis) - The Shapeshifters



## NO TAGS OR RESTARTS

Dance starts approx 64 counts into song. Starts on lyrics (31s in)

### Section 1: R&L cross points, Walk back RLR, Step L Together

1,2                      Step R forward, Point L toe to L side  
3,4                      Step Forward, Point R toe to R side  
5,6                      Step back R, Step back L  
7,8                      Step back R, Step L next to R

( weight on L foot. For new dancers lifting the R foot when stepping L next to R is helpful)

### Section 2: V step w/ hip pushes(optional), Double Bump hips R and L

1,2                      Step R out to R diagonal as you push your hip over R Step L out to L diagonal as you push your hip over L  
3,4                      Step R back, step L next to L  
5,6                      Bump hip R x2  
7,8                      Bump hip L x2

### Section 3: R&L Rolling Grapevine w/clap (Grapevines for easy option)

1,2                      ¼ turn R stepping R forward, ½ turn R stepping back L  
3,4                      ¼ turn R stepping R to R side, Touch L next to R and clap  
5,6                      ¼ turn L stepping L forward, ½ turn L stepping back R  
7,8                      ¼ turn L stepping L to L side, Touch R next to L and clap

### Section 4: ⅛ pivot x2 with hip rolls(optional), Jazz box w/ optional shoulder shimmies

1,2                      Step R forward, ⅛ turn L rolling hips around from L to R weight on L  
3,4                      Step R forward, ⅛ turn rolling hips around from L to R weight on L  
5,6                      Cross R over L, Step L back  
7,8                      Step R to R side, Step L forward

End of dance! Feel free to add as much extra to it as you want!

Any questions email: [Michellelinedance@gmail.com](mailto:Michellelinedance@gmail.com)