

# All My Life Seulement Western

COPPERKNOB  
STEPSHEETS

拍数: 48                      墙数: 4                      级数: Improver  
编舞者: Marie Nadeau (CAN) - July 2024  
音乐: All My Life - Falling In Reverse & Jelly Roll



**INTRO:** Dance starts right after the sound of wind just after singer says: Hey!

**\*\*\*3 RESTARTS:** after TAG 1 of wall 2, after TAG 3 of wall 4, after 32 counts of Wall 5

**TAG 1:** after 32 counts of Wall 2 and after Wall 4

**TAG 2:** after TAG 1 of 4th wall

**TAG 3:** after TAG 2 of 4th wall

## **S1: HEEL SWITCHES R&L, TOE SWITCHES R&L, SLIDE R, PONY STEP 2X R**

1&2&            Touch R Heel fwd, Put R next to L, Touch L heel fwd, Put L next to R  
3&4&            Touch R toe fwd (knee slightly in), Put R next to left, Touch L toe fwd (knee slightly in), Put L next to R  
5,6              Slide R in a long step to the right, Step L next to R  
7&8              Lift R knee up to right Side, Put R down, Step L next to R (2x) while you lasso in circle above your head with R arm 2x.

## **S2: SIDE STEP L, CROSS R BHD, WEAVE, ¼ TURN SLIDE L, HEEL DRAG R, COASTER STEP R**

1,2              Step L to left side, Cross R behind L  
&3&4            Step L to left side, Cross R over L, Step L to left side, Cross R behind L  
5,6              Slide L to Left Side in a long step while turning ¼ turn towards right, Drag your R heel while sliding your L  
7&8              Step R behind, Step L next to R, Step R forward

## **S3: STEP L, POINT R, STEP R, POINT L, CROSS SHUFFLE L, PENDULUM STEPS R&L**

1,2              Step L fwd, Point R toe to right side  
3,4              Step R fwd, Point L toe to left side  
5&6              Cross L over R, Step R to right side, Cross L over R, Step R to right side  
7&8&            Point R toe to right side, Step R next to L, Point L toe to left side, Step L next to R

## **S4: STEP R, PIVOT 1/2 , STEP R, PIVOT ½, OUT R, OUT L, HIP ROLL**

1,2              Step R fwd, Pivot ½ turn towards left  
3,4              Step R fwd, Pivot ½ turn towards left  
5,6              Step R fwd slightly larger than shoulder length (2:00), Step L fwd slightly larger than shoulder length (10:00)  
7,8              Roll Hips from left to right in a half circle

**TAG 1 wall 2 then RESTART**

**RESTART wall 5**

## **S5: KICK R, HOOK R, KICK R, KICK L, HOOK L, KICK L, JUMP/ BALL TOUCH L&R, STEP R, HEEL SWIVEL**

1&2&            Kick R fwd slightly touching floor, Hook R over L, Kick R fwd  
3&4&            Kick L fwd slightly touching floor, Hook L over R, Kick L fwd  
&5&6            Jump L to left diagonal, Step R next to L, Jump R to right diagonal, Step L next to R  
7&8              Step R fwd, Swivel both Heels towards the right, Bring back to original stand.

## **S6: SHUFFLE DIAGONAL R&L, JAZZ BOX R**

1&2              Step R fwd towards 2:00, Step L next to R, Step R fwd  
3&4              Step L fwd towards 10:00, Step R next to L, Step L fwd

5,6,7,8            Step R over L, Step L to left side, Step R to right side slightly behind, Step L next to R

**TAGS 1,2 & 3**

After wall 4, one after the other then RESTART

**TAG 1: Paddle 1/8 turn to complete full turn towards LEFT – air guitar**

**#8 counts**

**TAG 2: Paddle 1/8 turn to complete full turn towards RIGHT – air guitar**

**#8 counts**

**TAG 3: Paddle 1/4 turn to complete TWO full turns towards left – air guitar Heavy Metal style**

**#16 counts**

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