

# A Life I Can Live By

COPPERKNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Intermediate  
编舞者: Amanda Bowden (AUS), Shirlene Mccloud (AUS) & Gordon Elliott (AUS) -  
October 2024  
音乐: A Life I Can Live By - Monarch Cast, Anna Friel & Trace Adkins : (Album::  
Monarch)



## INTRO : 16 Beats

### SIDE, BACK-ROCK-SIDE-TOUCH-OUT-IN-SIDE, BEHIND-1/4 FORWARD-FORWARD-TOGETHER-BACK-TOGETHER-

1, 2 &                      Step R To The Side, Step L Behind Right, Rock Onto R,  
3 &                              Step L To The Side, Touch R Together,  
4 &                              Touch R To R Side, Touch R Together,  
5                                  Big Step R To The Side Drag L Towards Right,  
6 &                              Step L Behind Right, Turn 90° Right Step R Forward, (3.00)  
7 & 8 &                      Step L Forward, Step R Together, Step L Back, Step R Together

### PIVOT TURN, FORWARD-QUICK ROLL, PADDLE TURN, QUICK JAZZ BOX CROSS

1, 2                              Pivot : Step L Forward, Turn 180° Right Take Weight Onto R, (9.00)  
3                                  Step L Forward,  
& 4                              Turn 180° Left Step R Back, Turn 180° Left Step L Forward, (9.00)  
5, 6                              Paddle : Step R Forward, Turn 90° Left Take Weight Onto L, (6.00)  
7 &                              Jazz Box : Step R Across In Front Of Left, Step L Back,  
8                                  ^^ & ## Step R To The Side, Step L Across In Front Of Right. (6.00)

### SIDE, TOGETHER, SHUFFLE ACROSS, SIDE, ROCK, 3/4 SAILOR CROSS

1, 2                              Large Step R To R Side, Drag L To Step Together Popping Right Knee,  
3 & 4                              Shuffle Right Across In Front Of Left Step : R-L-R,  
5, 6                              Step L To The Side, Side Rock Onto R,  
7 & 3                              1/4 Sailor Step : Step L Behind R, Turn 90° Left Step R Across,  
8                                  Turn 180° Left Step L Across In Front Of Right. (9.00)

### SIDE, ROCK & SIDE, ROCK & PIVOT TURN, FORWARD, FORWARD

1, 2 &                              Step R To The Side, Side Rock Onto L, Step R Together,  
3, 4 &                              Step L To The Side, Side Rock Onto R, Step L Together,  
5, 6                              Pivot : Step R Forward, Turn 180° Left Take Weight Onto L,  
7, 8                              Step R Forward, Step L Forward. (3.00)

## [32] REPEAT THE DANCE IN NEW DIRECTION

RESTARTS : On WALL 3, WALL 4 & WALL 7 dance to BEAT 16 ( ## ) & RESTART facing 12.00, 6.00 & 6.00 respectively.

ENDING : On WALL 9 dance to BEAT 16 ( ^^ ) ADD the following

&                                  Step L Forward,  
1, 2, 3, 4                      Turn 90° Right Step R, Hold, Hold, Hold.