

# Life Begins At 40!

**COPPERKNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate/Advanced  
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音乐: Healing Hands - Elton John



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## POINT, POINT & SWITCH, SAILOR STEP, STAB TURNS, LOCK SHUFFLE

1-2&3      Point right toe forward, point right toe to right side, bring right foot beside left and switch left toe point to left side  
4&5      Left sailor step  
&6&7      Hitch right turning ¼ turn left point right out to side, repeat  
8&1      Right lock shuffle forward traveling to left diagonal

## POINT, FLICK, CROSS BACK, BACK, COASTER STEP, STEP TO SIDE

2-3      Touch left toe to left side, flick (low kick) left foot to left diagonal  
4&5      Cross left over right, step right back, step left back (traveling back)  
6&7      Right coaster step  
8      Step left to left side

## CLAPS, ROCK, SWIVEL, SWIVEL, CROSS SHUFFLE, RONDE ¼ TURN RIGHT

&1      Clap hands twice  
2-3      Cross rock right foot over left, rock back on left  
4-5      Step right foot to right side swiveling (skate) to right diagonal, step left to left side swiveling (skate) to left diagonal  
6&7      Right cross shuffle over left (traveling left)  
8-1      Ronde left foot sweeping ¼ turn to right, touching left beside right

## & ROCK, KICK CROSS POINT, HEEL BALL CROSS, ROCK TO SIDE, RECOVER SLIDE

&2      Rock (small step to left side) left foot to left and recover weight onto right foot  
3&4      Kick left foot forward, cross left over right and point right to right side  
5&6      Right heel forward, bring right beside left and cross left foot over right  
7-8      Rock (lunge) right foot to right side and rock back onto left sliding right beside left

**REPEAT**

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