

# Life Goes On

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Nicola Wakefield (UK)  
音乐: Life Goes On - LeAnn Rimes



## WALK BACK, BACK, COASTER STEP, CROSS POINT, HOLD, TOUCH, POINT

1-2      Walk back stepping right, left  
3&4      Step right back, close left to right, step right forward  
5-6      Cross left over right, point right to right side  
7&8      Hold, touch right toe to left foot, point right toe to right side

## KICK STEP STEP, SWAY, SWAY, RIGHT SAILOR STEP, LEFT SAILOR STEP

1&2      Kick right foot to right diagonal, step right in place, step left in place  
3-4      Sway hips left, right  
5&6      Step right behind left, step left to left, step right to right  
7&8      Step left behind right, step right to ride, step left to left

## CROSS SHUFFLE, HINGE TURN, CROSS ROCK, CHASSE

1&2      Cross step right over left, step left to left side, cross step right over left  
3-4      Turn  $\frac{1}{4}$  right stepping back on left, turn  $\frac{1}{4}$  right stepping right to right side  
5-6      Cross left over right, recover onto right  
7&8      Step left to left side, close right to left, step left to left side

## CROSS UNWIND $\frac{1}{2}$ , STEP $\frac{1}{4}$ , JAZZ BOX, CROSS SHUFFLE

1-2      Cross right over left, unwind  $\frac{1}{2}$  turn to left  
3&4      Step right forward, step left back making a  $\frac{1}{4}$  turn right, step right to right side  
5&6      Cross left over right, step back on right, step left back to left side  
7&8      Cross step right over left, step left to left side, cross step right over left

## POINT, POINT AND HEEL, STEP TURN, SHUFFLE FORWARD

1-2      Point left toe to left side, point left toe forward  
&3&4      Step left beside right, drop right heel forward, close right foot to left, step forward on left  
5-6      Step back on right making  $\frac{1}{4}$  turn left, touch left to left side  
7&8      Step forward on left, close right beside left, step forward on left

## PIVOT TURN, SHUFFLE, FULL TURN, MAMBO

1-2      Step forward on right foot, make  $\frac{1}{2}$  turn left  
3&4      Step forward on right, close left to right, step forward on right  
5-6      Turn  $\frac{1}{2}$  right stepping left back, turn  $\frac{1}{2}$  right stepping right forward  
7&8      Rock left forward, recover onto right, close left beside right, taking weight onto left

## LOCK STEP, PIVOT TURN STEP, TOE SWITCHES WITH A HITCH

1&2      Step right foot forward, lock left behind right, step right foot forward  
3&4      Step left foot forward, make a  $\frac{1}{2}$  turn right, step forward on left  
5&6      Point right toe to right side, close right to left, point left toe to left side  
&7&8      Close left to right, point right toe to right side, hitch right knee, point right toe back to right side

## CROSS UNWIND $\frac{3}{4}$ , SWEEP, BEHIND AND CROSS, TAP, TAP STEP, DRAG

1-2      Cross right over left, unwind to left,  $\frac{3}{4}$  turn  
&3&4      Sweep left around, step left behind right, step right to right side, cross step left over right

5&6 Tap right toe to right side twice, step right foot down to right side  
7-8 Drag left foot to close beside right taking weight onto left popping right knee

**REPEAT**

**TAG**

After end of first wall

**PIVOT TURN TWICE, SIDE MAMBO TWICE, HEEL GRIND, COASTER STEP TWICE**

1-2-3-4 Step forward on right making  $\frac{1}{2}$  turn left, step forward on right making  $\frac{1}{2}$  turn left  
5&6 Rock right to right, recover onto left, close right to left  
7&8 Rock left to left side, recover onto right, close left to right  
1-2-3&4 Right heel grind forward, recover on left, step right back, close left to right, step forward on right  
5-6-7&8 Left heel grind forward, recover on right, step left back, close right to left, step forward on left

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