

# Life Goes On (Can't Go Back)

**COPPER** **KNOB**  
BY STEPHENETS

拍数: 64      墙数: 4      级数: Intermediate/Advanced  
编舞者: Michael O'Shea (IRE)  
音乐: Life Goes On - LeAnn Rimes



## **STOMP, STOMP, POINT, ROCK & TURN, SHUFFLE LEFT, & BEHIND & CROSS**

1&2      Stomp right foot beside left twice, point right foot out to right side  
3&4      Rock forward on the right, replace weight onto left, turn ½ turn right stepping onto right foot  
5&6      Shuffle forward left, right, left  
&7&8      Turning ¼ turn left step right to right, cross left behind right, step right to right, cross left over right

## **¼ TURN, CROSS & ¼ TURN, SHUFFLE LEFT, ½ TURN HEEL JACK**

9-10      Step forward right, turn ¼ turn left  
11&12      Cross right over left, step left to left side, turning ¼ turn right step forward right  
13&14      Shuffle forward left, right, left  
&15&16      Stepping forward right turn ½ turn left, touch left heel forward, close left to right, step forward right

## **ROCK & CROSS TWICE, ¼ TURN SHUFFLE, RIGHT COASTER STEP, CROSS**

17&18      Rock left to left side, replace weight to right, cross left over right  
19&20      Rock right to right side, replace weight to left, cross right over left  
21&22      Turning ¼ turn right side shuffle left, right, left  
&23&24      Step back right, close left to right, step forward right, cross left over right

## **SIDE SHUFFLE RIGHT, ½ TURN SIDE SHUFFLE LEFT, RIGHT SAILOR STEP, & STEP, LEFT SAILOR STEP & STEP, TURN**

25&26      Step right to right, close left to right, step right to right  
27&28      Turning ½ turn right step left to left, close right to left, step left to left  
29&30      Rock right behind left, step left to left, step right to right (right sailor step)  
&31      Close left to right, step right to right side  
&32&      Rock left behind right, step right to right, step left to left (left sailor step)

## **STEP, ½ TURN, FLICK, SHUFFLE FORWARD LEFT, FULL TURN LEFT, SHUFFLE FORWARD RIGHT**

33-34      Step forward right, turn ½ turn left flicking left foot behind & up  
35&36      Shuffle forward left, right, left  
37-38      Step forward right ½ turn left, step forward left ½ turn left (full turn)  
39&40      Shuffle forward right, left, right

## **STEP, KICK, ¼ TURN, ½ TURN, BEHIND, SIDE, CROSS, CROSS, SIDE, BEHIND**

41-42      Step forward left, kick right foot forward

### **With attitude**

43-44      Step back on right turning ¼ turn right, turning ½ turn right step left to left side  
45&46      Step right behind left, step left to left side, cross right over left  
47&48      (Swinging left around & in front) cross left over right, step right to right, cross left behind right

## **& CROSS, BACK, ½ TURN SHUFFLE, JAZZ BOX ¼ TURN**

&49-50      Step right to right side, cross left over right, step back on right  
51&52      Turning ½ turn left shuffle forward left, right, left  
53-54      Cross right over left, step back on left  
55-56      Step right ¼ turn right, touch left to right (no weight)

**KICK BALL CHANGE, STEP, SCUFF ¼ TURN, STEP, SIDE, SAILOR STEP, BEHIND, UNWIND ½ TURN**

57&58 Left kick ball change

&59-60 Step onto left, scuff right foot forward turning ¼ turn left, step right foot back

61 Step left to left side

62&63 Rock right behind left, step left to left, step right to right (right sailor step)

&64 Touch left toe behind right, unwind ½ turn left

**REPEAT**

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