

# Life's A Dance

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 4      级数: Improver  
编舞者: EmCee (UK)  
音乐: Life Is a Dance - Chaka Khan



## ROCK LEFT, RIGHT, CROSS SHUFFLE, STEP TURN, CROSS SHUFFLE

- 1-2      Rock left out to left side, recover weight back onto right
- 3&4      Cross shuffle(left across right (angle feet 45 degrees), step on ball of right behind left, left forward)
- 5-6      Step right to right,  $\frac{1}{2}$  turn left step onto left
- 7&8      Cross shuffle (right across left (angle feet 45 degrees), step on ball of left behind right, right forward)

## ROCK LEFT, RIGHT, CROSS SHUFFLE, STEP TURN, CROSS SHUFFLE

- 1-2      Rock left out to left side, recover weight back onto right
- 3&4      Cross shuffle(left across right (angle feet 45 degrees), step on ball of right behind left, left forward)
- 5-6      Step right to right,  $\frac{1}{2}$  turn left step onto left
- 7&8      Cross shuffle (right across left (angle feet 45 degrees), step on ball of left behind right, right forward)

## STEP TURN STEP, FORWARD SHUFFLE, WALK, WALK, FORWARD SHUFFLE

- 1-2      Step left to left side,  $\frac{1}{4}$  turn right step onto right
- 3&4      Left shuffle forward (step forward on left, step on ball of right behind left, step forward on left)
- 5-6      Step forward on right, forward on left
- 7&8      Right shuffle forward (step forward on right, step on ball of left behind right, step forward on right)

## TURN STEP TURN STEP, FORWARD SHUFFLE WALK, WALK, FORWARD SHUFFLE

- 1-2      Step forward on left, pivot turn to right step onto right
- 3&4      Left shuffle forward (step forward on left, step on ball of right behind left, step forward on left)
- 5-6      Step forward on right, forward on left
- 7&8      Right shuffle forward (step forward on right, step on ball of left behind right, step forward on right)

## REPEAT

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