

# Life's Good

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver - social cha  
编舞者: June Shuman (USA)  
音乐: Young Hearts Run Free - Gloria Estefan



## RIGHT SIDE ROCK, CROSSING SHUFFLE, LEFT SIDE ROCK, CROSSING SHUFFLE

1-2      Rock right to side right, replace onto left  
3&4      Cross right over left, step left to left, cross right over left  
5-6      Rock left to side left, replace onto right  
7&8      Cross left over right, step right to right, cross left over right

## FORWARD ROCK, LOCK BACK, ½ TURNING SHUFFLE, ½ PIVOT

1-2      Rock forward onto right, replace onto left  
3&4      Step back on right, lock left over right, step back on right  
5&6      Turn ½ left as you shuffle left, right, left  
7-8      Step forward onto right and pivot ½ left, replace weight to left

## WALK, WALK, KICK BALL CHANGE, WALK, WALK, KICK BALL CHANGE

1-2      Walk forward right, left  
3&4      Kick right forward, quickly step ball of right next to left, step left next to right  
5-6      Walk forward right, left  
7&8      Kick right forward, quickly step ball of right next to left, step left next to right

## CROSS, STEP BACK, SIDE SHUFFLE, ¼ TURNING JAZZ BOX WITH TOUCH

1-2      Cross right over left, step back on left  
3&4      Shuffle to right, right, left, right  
5-8      Cross left over right, step back on right, turn ¼ left as you step left to left side, touch right next to left

## REPEAT

## RESTART

For "Young Hearts Run Free" by Gloria Estefan

1st restart: on wall 3 (back wall) dance through the first 20 counts (after the first kick ball change) restart from beginning. (restart is 4th wall)

2nd restart: on wall 8 (back wall) dance through the first 20 counts (same as above) and restart from beginning