

# Life's Great

COPPER KNOB  
BY STEPHEN BRETZ

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: John Robinson (USA)  
音乐: I Love My Life - Jamie O'Neal



The songs indicated are two-step rhythm. When counting these tracks, count all the beats 1,2,3,4 rather than 1&2&3&4. (That makes the timing of the dance: slow, slow, quick-quick slow for the first four patterns)

## WALK, WALK, FORWARD MAMBO; BACK, BACK, COASTER STEP

- 1-4      Step right forward, hold, step left forward, hold
- 5-8      Right rock forward ball of foot, recover to left, right step next to left, hold
- 1-4      Step left back, hold, step right back, hold
- 5-8      Left step back ball of foot, right step ball of foot next to left, step left forward, hold

## WALK, WALK TRAVELING SIDE RIGHT, SCISSORS STEP; WALK, WALK TRAVELING SIDE LEFT, SCISSORS STEP

Angle body towards 1:30 for the next 5 counts

- 1-4      Right step side right, hold, left step across right, hold
- 5-8      Right step side right, left step next to right and slightly back, right step across left, hold

Advanced option: execute a full turn left on the previous pattern as follows:

- 1-4      Pivot  $\frac{1}{4}$  left and step right back, hold, pivot  $\frac{1}{2}$  left and step left forward, hold
- 5-8      Step right forward, pivot  $\frac{1}{4}$  left shifting weight forward to left, right step across left, hold

Angle body towards 11:30 for the next 5 counts

- 1-4      Left step side left, hold, right step across left, hold
- 5-8      Left step side left, right step next to left and slightly back, left step across right, prepping for turn, hold

Advanced option: execute a full turn right on the previous pattern as follows:

- 1-4      Pivot  $\frac{1}{4}$  right and step left back, hold, pivot  $\frac{1}{2}$  right and step right forward, hold
- 5-8      Step left forward, pivot  $\frac{1}{4}$  right shifting weight forward to right, left step across right, hold

## 1 $\frac{1}{4}$ TRAVELING TURN BACK, COASTER STEP TOUCHES

- 1-4      Pivot  $\frac{1}{4}$  left (9:00) stepping right back, hold, pivot  $\frac{1}{2}$  left (3:00) stepping left forward, hold
- Advanced option: pick up the free foot and tuck it in close to the other leg in a low figure 4 while turning
- 5-8      Pivot  $\frac{1}{2}$  left (9:00) stepping right back, sweep left out and around to the left, left step ball of foot back, right step ball of foot next to left
  - 1-4      Step left forward, right touch next to left/clap hands high to right side, step right forward, left touch next to right/clap hands high to left side
  - 5-8      Step left back, right touch next to left/clap hands low to right side, step right back, left touch next to right/clap hands low to left side

## MAMBO CROSS, LOCKING TRIPLE TRAVELING BACK, FULL TURN LEFT, HOP (OR TRIPLE) FORWARD

- 1-4      Left rock ball of foot side left, recover to right, left step across right, hold
- 5-8      Pivot  $\frac{1}{4}$  left (6:00) stepping right back, left lock step across right, step right back, hold
- 1-4      Pivot  $\frac{1}{2}$  left and step left forward, hold, pivot  $\frac{1}{2}$  left and step right back, hold
- 5-8      Hop forward three times on right with left lifted slightly ahead of you (5, 6, 7), left step down with weight

Easier option for last 4 counts: triple step

- 5-8      Step left forward, right step next to left, step left forward, hold

REPEAT

OPTIONAL RESTART:

When dancing to "I Love My Life," you can restart halfway through the 3rd repetition, just after executing the walk-walk scissor-step section. You'll be facing the front wall when this occurs

The advanced turning options in the 3rd and 4th sets of 8 were inspired by Bailee Kulish, Emily Kulish, Shannon Swett, and Ashley Haggie of the Hot Shots Dance Team in Rapid City, South Dakota

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