

# My Life

**COPPER KNOB**  
STEPSHEETS

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Matt Barrett (UK)  
音乐: It's My Life - Bon Jovi



Sequence: Start the dance 16 counts into track  
This is dedicated to Pauline Robinson

## STOMP RIGHT AND LEFT, HOLD FOR 2, HEEL JACKS LEFT, RIGHT

1-4              Stomp right, stomp left, hold for two counts  
&5&6            Step left back, dig right heel forward, step right back, step left beside right  
&7&8            Step right back, dig left heel forward, step left back, step right beside right

## HEEL JACKS LEFT, RIGHT, KICK TWICE, RIGHT SAILOR STEP

&1&2            Step left back, dig right heel forward, step right back, step left beside right  
&3&4            Step right back, dig left heel forward, step left back, step right beside right  
5-6              Kick right forward, kick right to right side  
7&8              Step right back, step left to side, step right to right

## KICK TWICE, LEFT SAILOR STEP, CROSS ROCK, ¼ TURN SHUFFLE

1-2              Kick left forward, kick left to left side  
3&4              Step left back, step right to side, step left to right  
5-6              Cross rock right over left, recover onto left  
7&8              Step right ¼ turn to right, turn step left behind right, step right forward

## STEP ¼ TURN, CROSS, STEP, BEHIND, TOUCH CROSS, TOUCH

1-2              Step left forward, pivot ¼ turn to right (weight ending on right)  
3-4              Cross left over right, step right to right  
5-6              Cross left behind right, touch right to right side  
7-8              Cross right over left, touch left to left side

## LEFT JAZZ BOX, SCUFF HITCH STEP, RIGHT AND LEFT

1-4              Left jazz box with a touch  
5&6              Scuff right forward, hitch right knee, step right forward  
7&8              Scuff left forward, hitch left knee, step left forward

## STOMP, STOMP, HEEL SWIVELS, RIGHT TOE STRUT BACK, LEFT TOE STRUT BACK

1-2              Stomp right forward, stomp left slightly back  
&3&4            Swivel both heels out, in, out, in  
5-6              Right toe strut back  
7-8              Left toe strut back

**REPEAT**

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