

# 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**

---