

# What A Life

**COPPER** **KNOB**  
STEPSHETS

拍数: 32      墙数: 4  
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音乐: Life - Des'ree

级数: Intermediate



**CHA CHA LEFT  
BASIC, CHA  
CHA  
FORWARD,  
RIGHT PIVOT  
TURN,  
SYNCOPATED**

**1/2**

TURN

1,2,3 Step L to  
left side, Rock  
back R,

Recover weight  
to L

4&5 Step R

forward, Step L  
up to R (5th foot  
position), Step  
R forward

6,7 Pivot on ball  
of R & Turn 1/2  
right stepping  
back on L, Turn

1/2 right  
stepping

forward on R

8&1 Step

forward on L,  
Turn 1/2 right  
stepping R in  
place, Step L  
forward

**SYNCOPATED  
STEP SLIDE,  
ROCK  
FORWARD, 1/4  
LEFT TURN,  
CHA CHA SIDE  
LEFT 1/4**

TURN

2,3 Step R

forward, Step L  
up to R (3rd foot  
position)

4&5 Step R

forward, Step L  
up to R, Step R  
forward (Cha  
Cha Terrace)

6,7 Rock  
forward on L,  
Recover weight  
to R & turn 1/4  
left  
8&1 Step L to  
side, Step R  
beside L, Turn  
1/4 left stepping  
L forward

**ROCK  
FORWARD,  
CHA CHA  
LOCK BACK,  
ROCK BACK,  
CHA CHA  
LOCK  
FORWARD**

2,3 Rock  
forward on R,  
Recover weight  
to L  
4&5 Step back  
on R, Cross L  
over R, Step  
back on R  
6,7 Rock back  
on L, Recover  
weight to R  
8&1 Step L  
forward, Cross  
R behind L,  
Step L forward

**ROCK  
FORWARD,  
CHA CHA  
LOCK BACK &  
TOUCH, STEP  
1/4 TURN  
RIGHT, SIDE  
TOGETHER**

2,3 Rock R  
forward,  
Recover weight  
to L  
4&5 Step back  
on R, Cross L  
over R, Step  
back on R  
&6,7 Step back  
on L & Touch R  
toe next to L  
foot, Step R foot  
forward into 1/4  
turn right  
8& Step L to  
side, Step R  
next to L

*\*NOTE: On wall  
5 (front wall)  
there are 8  
extra counts.  
After count 32  
do the  
following:*

**CROSSOVER  
BREAKS**

1,2,3 Step L to  
side toes turned  
out, Rock R  
forward &  
across L,  
Recover weight  
to L  
4&5 Cha cha  
side right - R, L,  
R (toes turned  
out on last  
step)  
6,7 Rock L  
forward &  
across R,  
Recover weight  
to R  
8& Step L to  
side, Step R  
next to L

Continue from  
beginning of  
dance?

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