

# It's My Life

**COPPERKNOB**  
STEPSHEETS

拍数: 44      墙数: 2      级数: Intermediate  
编舞者: Peter McCreery (UK)  
音乐: It's My Life - Bon Jovi



## CROSS KICKS AND FORWARD WALKS

- 1            Cross right foot over left
- 2            Kick left foot to left side
- 3            Cross left over right
- 4            Kick right foot to right side
- 5-8        Walk forward, right, left, right, left

## 1 ¼ TURN WITH TOE STRUTS

- 9-10        ¼ turn to right with a right toe strut
- 11-12      ½ turn to right with a left toe strut
- 13-14      ½ turn to right with right toe strut
- 15-16      Left toe strut forward

## CROSS ROCK, ¼ TURN SHUFFLE AND WEAWE

- 17-18      Rock step right across left, rock back on left
- 19&20      ¼ turn to right, step right to right side, bring left together and step right to right side
- 21           Cross left over right
- 22           Step right to right side
- 23           Step left behind right
- 24           ¼ turn to right stepping right forward

## ½ TURN, ¼ TURN ROCK AND SAILOR SHUFFLES

- 25-26      Step left foot forward, ½ turn to right
- 27           Step left foot forward
- 28           Rocking back onto right, turn ¼ turn to the right
- 29&30      Sailor shuffle with left foot
- 31-32      Sailor shuffle with right foot

## KICKS WITH TURNS

- 33           Kick left foot forward
- 34           Touch left toe behind
- 35-36      Unwind ½ turn to left
- 37           Kick right foot forward
- 38           Touch right toe behind
- 39-40      Unwind ½ turn to right

## SHOULDER ROLLS

- 41           Step left foot forward
- 42           Step right foot beside left
- 43           Roll right shoulder
- 44           Roll left shoulder

## REPEAT

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