

# Get A Life

**COPPER** KNOB  
STEPSHETS

拍数: 72                      墙数: 2                      级数: Intermediate  
编舞者: Bell'sstar (UK) & Babystar  
音乐: Daddy Laid the Blues On Me - Bobbie Cryner



## RIGHT BOUNCE 2 3 4

1-4                      Right foot bounce heel 4 times  
5-8                      Left foot bounce heel 4 times

## RIGHT ROCK COASTER STEP

1-2-3&4                  Rock forward on right recover on left, step back right, step left foot beside right foot, step forward right  
5-8                      Repeat above on left foot

## FULL PADDLE TURN LEFT TO THE COUNT OF 8

1-8                      Rock right foot out to right side, recover back on to left, turning ¼ turn left each time (12:00)

## KNEE ROLLS

1-4                      Moving forward, right toe to left instep, roll knee to right, taking toe with it at the same time, repeat with left toe  
5-8                      Repeat above 4 counts

## WALKING BACK

1-4                      Step back right, left, right, left

## HEEL JACKS TO THE COUNT OF 8

1&2                      Right heel forward, bring it back in place, left heel forward  
&3&4                      Bring left heel back in place, right heel forward, bring it back in place, left heel forward  
5-8                      Repeat above

**You could replace above 8 counts with apple jacks if you wish**

## RIGHT ROCK COASTER STEP

1-2-3&4                  Rock forward on right, recover on left, step back right, step left beside right, step forward on right  
5-8                      Repeat above 4 counts on left foot

## FULL PADDLE TURN

1-8                      Rock right foot to right side, recover on left, turning a quarter of a turn each time you do so

## RIGHT ROCK FORWARD TRIPLE HALF TURN

1-2-3&4                  Rock forward on right, recover on left, turn right ½ right shuffle

## LEFT ROCK FORWARD TRIPLE HALF TURN

5-6-7&8                  Rock forward on left, recover on right, turn left ½ left shuffle

## STEP TURN STOMP, STOMP

1-4                      Step forward on right, pivot ½ turn left, stomp right, left

## REPEAT