

# This Life

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Mike Stringer (UK) - April 2008  
音乐: Ain't That Just the Way - Lutricia McNeal



(16 count intro from backing vocals)

Alternative music: Countryfied by Ove Stoylen. Album: it's about time

Choreographer's Note: Slow dance with room for attitude.

## Side Rock, Cross Shuffle, Side Rock, Cross Shuffle

1-2            Rock right foot out to right side, recover weight onto left.  
3&4           Cross right over left, step left to left side, cross right over left  
5-6           Rock left foot out to left side, recover weight onto right.  
7&8           Cross left foot over right, step right to right side, cross left over right.

## Step Lock, Step Lock Step, Step Lock, Step Lock Step

1-2            Step right forward, lock left behind right  
3&4           Step right forward, lock left behind right, step right forward  
5-6           Step left forward, Lock right behind left  
7&8           Step left forward, lock right behind left, step left forward

## Side Behind, Side Shuffle, Side Behind, 1/4 Shuffle Turn Left

1-2            Step right to right side, cross left behind right  
3&4           Step right to right side, close left next to right, step right to right side  
5-6           Step left to left side, cross right behind left  
7&8           Step left to left side, close right next to left, quarter turn left stepping left to left side

## Walk Forward twice, Shuffle forward, Pivot 1/2Turn, Shuffle forward

1-2            Walk forward right , walk forward left  
3&4           Step forward right, close left next to right, step forward right  
5-6           Step forward left, pivot ½ turn over right shoulder  
7&8           Step left forward, close right next to left, step forward left

**Start again and enjoy**

**Special thanks to Cath and Pete Jones for all the help and support, in the 18 years it's taken to do this dance.**

---