

# It's My Life

**COPPER KNOB**  
STEPSHEETS

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Lane Lee (MY) - June 2010  
音乐: It's My Life - Bon Jovi



## Section 1: Heel Jacks, Heel Step Forward x4

1&2      Cross L over R, Step R to R, Touch L heel diagonally L  
&3&4      Step ball of L beside R, Cross R over L, Step L to L, Touch R heel diagonally R  
&5&6      Step R beside L, Touch L heel forward, Step L beside R, Touch R heel forward  
&7&8&      Step R beside L, Touch L heel forward, Step L beside R, Touch R heel forward, Step R  
            beside L (12.00)

## Section 2: Pivot ¼ turn Right, Cross shuffle, ½ turn Left, Rock Recover

1,2,3&4      Step L forward, Pivot ¼ turn R, L cross shuffle(3.00)  
5,6,7&8      ¼ turn L stepping R back, ¼ turn L stepping L to L, Cross R over L, Recover on L, Step R to  
            R (9.00)

## Section 3: Rock Recover, Pivot ½ turn Left, Forward shuffle, Pivot ½ turn Right

1&2      Cross L over R, Recover weight on R, Step L to L  
3,4      Step R forward, Pivot ½ turn L, stepping L forward (3.00)  
5&6      Forward shuffle (step R forward, Step L beside R, Step R forward )  
7,8      Step L forward, Pivot ½ turn R, stepping R forward (9.00)

## Section 4: Left shuffle, Skate Right, Left, Right Shuffle, Triple ¾ turn Left

1&2      Step L forward, Step R beside L, Step L forward  
3,4      Skate R, Skate L  
5&6      Step R forward, Step L beside R, Step R forward  
7&8      Step ½ turn L, Step ball of R beside L, ¼ turn L stepping L forward (12.00) \*

## Section 5: Step ¼ turn Touch, Left shuffle, ½ turn Shuffle, Rock Recover

1, 2      Step R forward, ¼ turn R and touch L beside R (3.00)  
3&4      Left shuffle (Step L to L, Step R beside L, Step L to L)  
5&6      ½ turn L, Stepping R to R, Step L beside R, Step R to R (9.00)  
7, 8      Step L behind R, Recover weight on R

## Section 6: Left Shuffle, ½ turn Right, Step forward Left, Full Turn Left, Step Touch

1&2      Step L to L, Step R beside L, Step L to L  
3, 4      Step R back, ½ turn R, Step L forward (3.00)  
5, 6      ½ turn L, stepping R back, ½ turn L, stepping L forward (3.00)  
7,8      Step R forward, Touch L to L

## Tag: 4 counts tag, at the end of the 1st wall (3.00) and end of 4th wall (9.00)

1-4      Hold, pose and sweep left hand from front to side

**Restart \*:** On wall 3, dance up to 32 counts (6.00). Step ball of R beside L (&) - then restart dance.

**Tag and Restart:** On wall 7, dance up to 16 counts (12.00). Do the 4 count tag (pose and sweep both hands up), then restart.

**Ending pose:** On wall 10, dance up to 32 counts. Add 2 counts.

1-2      Step R forward, make ½ turn R (12.00) sweeping L to L and pose.

**Start again!** Let the music touch your soul.

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