

# It's My Life (aka Gone)

COPPERKNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Low Intermediate  
编舞者: Earleen Wolford (USA) - January 2012  
音乐: It's My Life - No Doubt  
或: Gone - Montgomery Gentry



Other music: Somebody like you-Keith Urban, Bringin' da noise-Nsync, Lets dance-Five.

## [1-8] SLIDE LEAN, DRAG, BODY ROLL, WALKS

1,2            Step our R (while slightly leaning to right) (1), Drag R toe next to L (2)  
3,4            Body roll (starting with head, rolling down shoulders, hips, knees) (3,4)  
5-8            Step forward R, L, R, L (5-8) (left takes weight) (12:00)

## [9-16] KICK R, STEP, TOUCH, BUMPS, STEP, TOUCH, ¼ TURN SWEEP

9&10          Kick R forward (9), Step back on R (&), Touch L toe forward (10)  
11&12        Bump L hip forward 2 times (11&12) (keep weight on R)  
13,14        Step down on L (13), Touch R next to L (14) (left takes weight)  
15,16        ¼ turn sweep to left with R toe, while pivoting on left foot (15,16) (9:00)

## [17-24] KICK, OUT OUT, HEEL LIFTS, CROSS, STEP, TOUCH, ¼ TURN HEEL LIFTS

17&18        Kick R forward (17), Step back R out to R (&), Step back L out to L (18)  
19&20        Lift both heels up/down, using both knees to pop up/down  
21&22        Cross R over L (21), Step back on L (&), Touch R forward (22)  
23&24        Lift both heels up/down, while pivoting 1/4 turn to left, using both knees to pop up/down (L takes weight on count 24) (6:00)

## [25-32] CROSS HEEL JACKS R&L, ¼ TURN L CROSS HEEL JACKS, STEP BACK, HITCH

25&26        Cross R over L (25), Step L to left (&), Touch R heel forward (26)  
27&28        Cross L over R (27), Step R to right (&), Touch L heel forward (28)  
29&30        ¼ turn left on L crossing R over L (29), Step back on L (&), Touch R heel Forward (30)  
&31          Step back on R (&), touch L toe forward (31)  
&32          Step L to center (&), Hitch R next to L (32) (L takes weight) (3:00)

**START AGAIN...and feel the LIFE!!**

**Dedicated to: KIM BOWERS!! THX!**