

# Amys Life

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate - Smooth 2S  
编舞者: Ronald "RONNIE" Grabs (DE) - January 2013  
音乐: This Is the Life - Amy Macdonald



## STEP FWD. / HOLD / STEP FWD. 1/8 R / HOLD / SIDE-CROSS OVER-BACK INTO 3/8 R / HOLD

1,2      step forward left, hold,  
3,4      step forward right turn body 1/8 right (face 1:30), hold,  
5,6,7      turn body 1/8 right (face 3:00) step side left, cross right in front of left, turn 1/4 right (face 6:00) step back left,  
8      hold,

## 1/2 R STEP FWD. / HOLD / SIDE-TOGETHER-CROSS OVER INTO 3/8 R / HOLD / 7/8 TURN L WITH 2 STEPS

1,2      turn 1/2 right (face 12:00) step forward right, hold  
3,4,5      turn 1/4 right (face 3:00) step side left, step together right (slightly behind), turn 1/8 right (face 4:30) cross left over right,  
6      hold,  
7,8      turn 3/8 left (face 12:00) step back right, turn 1/2 left (face 6:00) step forward left,

### Note: easy alternative: walk-walk

7,8      turn 1/8 right (face 6:00) step slightly forward right, step slightly forward left,

## STEP FWD. / HOLD / 1/4 L STEPPING SIDE / HOLD / SIDE ROCK-RECVER-CROSS OVER / HOLD

1,2      step forward right, hold,  
3,4      turn 1/4 left (face 3:00) cross left over right, hold,  
5,6,7      right side rock, step left slightly diagonally to forward left, step right diagonally to left forward,  
8      hold,

## SIDE ROCK-RECVER-CROSS OVER / HOLD / STEP BACK / HOLD / 1/4 L STEPPING SIDE / HOLD

1,2,3      left side rock, step right slightly diagonally to right forward, step left diagonally to right forward,  
4      hold,  
5,6      step back right, hold,  
7,8      turn 1/4 left (face 12:00) step side left, hold (count 32\*),

### Restart: At wall 8 change count 32\* (hold) with slightly step right forward and start again.

## 1/8 L STEP FWD.-TOUCH BEHIND-STEP BACK / HOLD / BACK TRIPLE DIAG. 1/2 TURN R / HOLD

1,2,3      turn 1/8 left (face 10:30) step forward right (to 10:30), toe touch left behind right, step back left (4:30),  
4      hold,  
5,6,7      turn 1/4 right (face 1:30) step side right, step left together, turn 1/4 right (face 4:30) step forward right,  
8      hold,

## FWD. TRIPLE DIAG. 1/2 TURN R / HOLD WITH SWEEP / 1/8 R BEHIND-SIDE-CROSS OVER / HOLD

1,2,3      turn 1/4 right (face 7:30) step side left, step right together, turn 1/4 right (face 10:30) step back left,  
4      sweep right behind left,  
5,6,7      turn 1/8 right (face 12:00) step right behind left, step side left, cross right over left,  
8      hold,

## 1/8 L INTO WALK WITH HOLDS 2x / FWD. TRIPLE DIAG. 1/2 TURN R / HOLD

1,2      turn 1/8 left (face 10:30) step forward left, hold,

3,4 step forward right (10:30), hold,  
5,6,7 turn 1/4 right (face 1:30) step side left, step right together, turn 1/4 right (face 4:30) step back left,  
8 hold,

**BACK TRIPLE DIAG. 1/2 TURN R / HOLD / STEP-1/2 PIVOT R / WALK-WALK WITH 1/8 TURN R**

1,2,3 turn 1/4 right (face 7:30) step side right, step left together, turn 1/4 right (face 10:30) step forward right,  
4 hold,  
5,6 step forward left, turn 1/2 right (face 4:30) step right forward,  
7,8 step forward left, step forward right turn 1/8 right (face 6:00),

**REPEAT**

**TAG:**

**Note: At 8th wall the music will slow. Dance until count 60 and then list the lyrics:**

1-4 ("Where you gonna ...") hold,  
5-6 ("sleep") step forward foot, hold,  
7-8 ("to- ...") turn 1/2 right (face 4:30) step right forward, hold,

**Note: Start the dance from the top with:**

1-2 ("... -night") turn 1/8 right (face 6:00) step forward left, hold,

**Keine Gewähr für: Vollständigkeit, Inhalt, Übersetzungsfehler, Fehlinterpretationen, Fehler der Choreographen, Rechtschreibung, Grammatik, Ausdruck, usw.**

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