

# The Sweet Life

COPPER KNOB  
STEPPERS

拍数: 32                      墙数: 4                      级数: Improver  
编舞者: Carrie Ann Green (ES) - April 2014  
音乐: This Is the Life - Sweet California



16 Count intro - 1 Tag, 1 Restart

## Section 1: Right Sailor Step, Left Mambo back, Monterey ½ Turn, Switch and Switch

1&2                      Cross right behind left, step left to side, step right to side  
3&4                      Rock left back, recover onto right, step left beside right  
5-6                      Point right toe to right side, pivot ½ right bringing right foot in place (6.00)  
7&8                      Point left toe to left side, & step left foot in place, point right foot to right side

Restart the dance here on wall 10 facing 3.00

## Section 2: Ball cross ¼ turn Left, Coaster Step, Walk forward Right, Left (or Full turn Left), Shuffle Forward

&1-2                      Step down on right, cross left over right, make ¼ turn left stepping right foot back (3.00)  
3&4                      Step left foot back, close right beside left, step forward left  
5-6                      Walk forward right, left (optional full turn Left)  
7&8                      Shuffle fwd Right, (R,L,R)

## Section 3: Rock forward, recover, Turn, Turn, Rock back, recover, step, ½ pivot right

1-2                      Rock forward on Left, recover onto right  
3-4                      turning ½ turn Left Stepping Forward on Left (9.00) turning ½ turn Left Stepping back on Right (3.00)

(Counts 3-4 are a full rolling turn back - Alternative step – walk back on left, right)

5-6                      Rock back on left, recover onto right  
7-8                      Step forward on left, 1/2 pivot turn right (9.00)

## Section 4: Side Strut, Turn Strut, Turn Strut, (or Side strut, cross strut, side strut) Stomp, Kick

1-2                      Touch left toe to side, drop left heel down (click fingers)  
3-4                      ¼ turn left (pivot on ball of left) touch right to right side, drop right heel down (click fingers) (6.00)  
5-6                      ¼ turn right (pivot on ball of right) touch left to left side drop left heel down (click fingers) (9.00)

(Alternative steps 1- 6: Left side strut, Right cross strut over left, Left side strut)

7-8                      Stomp Right foot, Kick Right to right diagonal

Tag end of wall 4 facing 12.00, 8 counts:

1 2 &3 4                      Step Right to Right side, Hold, Ball Step Right, touch left  
5 6 &7 8                      Step Left to Left side, Hold, Ball Step Left, kick right to right diagonal

End of dance facing 9.00 after Stomp, Kick, do a sailor ¼ turn to the right to face front wall

Contact: [dizzyc71@hotmail.com](mailto:dizzyc71@hotmail.com)

Last Update - 27th April 2014