

# In My Life

COPPER KNOB  
STEP SHEETS

拍數: 32                      牆數: 4                      級數: Intermediate  
編舞者: Barbara Tobin (USA) - April 2016  
音樂: In My Life - The Beatles : (amazon)



Intro: 16 counts. Weight on left.

**(1-8) □ Step, Brush-Sweep, Cross Rock, Recover, 1/4 Left Turn, Step, 1/2 Left Turn Pivot, Rock and □ Cross**

1,2                      Step R forward (1), brush-sweep L across R (2) [12:00]  
3&4                      Cross L over R (3), recover R (&), 1/4 left turn step L forward (4) [9:00]  
5,6                      Step R forward (5), pivot 1/2 left turn, step L forward [3:00]  
7&8                      Rock R to right (7), recover L slightly forward (&), 1/8 left turn cross R over L (8) [1:30]

**(9-16) □ Step, 1/2 Right Turn, Slide R ball next to L, Rock and Cross x2, Run x3**

1,2                      Step L forward (1), 1/2 right turn on L, keeping weight on L (2), slide R ball next to L with  
                                 knee angled □ out [7:30]  
3&4                      Rock R to right (3), recover L slightly forward (&), cross R over L (4)  
5&6                      Rock L to left (5), recover R slightly forward (&), cross L over R (6)  
7&8                      3/8 right turn run R (7), L (&), R (8) [12:00]

**(17-24) □ Hop/Flick, Push, Point, Coaster, 1/2 Left Turn Back Lock, 1/4 Left Turn, Point**

1,2                      Hop L forward while flicking R behind (1), push off L while pointing L toe, stepping back on R  
                                 (2)  
3&4                      Step L back (3), step R next to L (&), step L forward (4)  
5&6                      1/4 left turn step R to right (5) [9:00], cross L over R (&), 1/4 left turn step R back (6) [6:00]  
7,8                      1/4 left turn step L to left (7), point R to right side (8) [3:00]

**(25-32) Toe Behind, 1/2 Right Turn Unwind, Rock and Point, Chasse, Rock, Recover**

1,2                      Touch R toe behind L (1), 1/2 right turn unwind, keeping both feet in place, end with weight  
                                 on R (2) [9:00]  
3&4                      Rock L to left side (3), recover R (&), point L in front of R (4)  
5&6                      Step L to left (5), step R next to L (&), step L to left (6)  
7,8                      Rock R back (7), recover L (8)

\*\*\*End of Dance\*\*\*

**Tag: after Wall 2 - 8 Counts, Facing 6:00**

**Right Diagonal Lock Forward, Left Diagonal Lock Forward, Pivot x2**

1&2                      Step R forward to right diagonal (1), step L next to R (&), step R forward (2)  
3&4                      Step L forward to left diagonal (3), step R next to L (&), step L forward (4)  
5,6                      Step R forward (5), 1/2 turn left stepping L forward (6) [12:00]  
7,8                      Step R forward (7), 1/2 turn left stepping L forward (8) [6:00]

**Ending: Wall 7 □ start facing 6:00**

**Dance through Count 10 (facing 1:30) then hold 6 counts while music slows. Resume dance on the word "more" with:**

**Right and Left Rock and Cross**

**Right and Left Lock Steps to 12:00 wall, Step Forward R with arms extended out to sides, hold.**

**Please do not alter this step sheet in any way.**

**If you would like to use it on your website, it must be used in its original format.**

**Contact the choreographer with your questions: barbara.tobin@yahoo.com ~ 4/15/2016 □□□□□**

