

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 □□□□□

