

# My Beautiful Life

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Roosamekto Mamek (INA) & Mayee Lee (MY) - September 2016  
音樂: Beautiful Life (feat. Tony T & Big Ali) (Radio Edit) - Sasha Lopez



Intro: 48 counts

Choreographer's Note: The music used has been edited at Introduction. The Original music is longer by 56 counts.

## S1: ROCK FORWARD, RECOVER, TOGETHER, FORWARD, PIVOT 1/2 TURN LEFT

1-2&      Rock R forward – Recover on L – Step R together  
3-4&      Rock L forward – Recover on R – Step L together  
5-8      Step R forward – Turn ½ left – Step R forward – Turn ½ left □(12.00)

## S2: HEEL JACK, BALL CROSS, BACK TURN 1/4 RIGHT, SIDE, CROSS SHUFFLE

1-2&      Step R to side – Cross L behind R – Step R to side  
3&4      Touch L heel forward – Step L together – Cross R over L  
5-6      Turn ¼ right step L back – Step R to side  
7&8      Cross L over R – Step R to side – Cross L over R □( 3.00 )

## S3: SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS

1-2      Rock R to side – Recover on L  
3&4      Cross R behind L – Step L to side – Cross R over L  
5-6      Rock L to side – Recover on R  
7&8      Cross L behind R – Step R to side – Cross L over R ( 3.00 )

## S4: SIDE ROCK, RECOVER, TOGETHER, JAZZ BOX

1-2&      Rock R to side – Recover on L – Step R together  
3-4&      Rock L to side – Recover on R – Step L together  
5-8      Cross R over L – Step L back – Step R to side – Step L forward □(3.00)

Note: (Tag & Restart)happen here on wall 5

## S5: ROCK FORWARD, RECOVER, SHUFFLE 1/2 TURN RIGHT, FORWARD, RECOVER, HEEL & HEEL

1-2      Rock R forward – Recover on L  
3&4      Turn ¼ right step R to side – Step L together – Turn ¼ right step R forward  
5-6      Rock L forward – Recover on R  
&7&8      Step L back – Touch R heel forward – Step R beside L – Touch L heel forward - 9.00

## S6: TOGETHER, ROCK FORWARD, RECOVER, BACK SHUFFLE, FULL TURN LEFT, ¼ TURN L SIDE SHUFFLE

&12      Step L beside R – Step R forward – Recover on L  
3&4      Step R back – Step L on ball in front of R – Step R back  
5-6      ½ turn L step L forward – ½ turn L step R back - 9.00  
7&8      ¼ turn L step L to L – Step R beside L – Step L to L - 6.00

## S7 : CROSS, SIDE , SAILOR STEP, CROSS, SIDE, SAILOR STEP,

1-2      Cross R over L – Step L to L  
3&4      Step R behind L – Step L on ball beside R – Step R to R  
5-6      Cross L over R – Step R to R  
7&8      Step L behind R – Step R on ball beside L – Step L to L - 6.00

## S8 : R BOTAFOGO, L BOTAFOGO, JAZZ BOX

1&2            Cross R over L – Step L to L – Recover on R  
3&4            Cross L over R – Step R to R – Recover on L  
5 – 8           Cross R over L – Step L back – Step R to side – Step L forward □ - 6.00

**Tag & Restart : During wall 5 (12.00), dance 32 counts, add 4 counts Tag & Restart facing 12.00**

1 – 4            Step R to R – ¼ turn L recover on L – Step R forward – Step L forward

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