

# Long And Happy Life

COPPERKNOB  
STEP SHEETS

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Shelly Graham (USA) - June 2017  
音樂: A Long and Happy Life - Delta Rae



## **\*\*2 Tags with Restarts (on Wall 3 and Wall 5)**

Start on lyrics after 16 count intro.

### **Sec. 1 (1-8) ROCK R SIDE, RECOVER, FULL TURN TRIPLE, ROCK L SIDE, RECOVER, BEHIND SIDE CROSS**

1-2            Rock Right foot to Right side, Recover onto Left foot  
3 & 4        Cross Right foot behind Left, 1/2 turn Right, step Left foot next to Right foot, 1/2 turn Right and □cross Right foot over Left foot  
5-6            Rock Left foot to Left side, Recover onto Right foot  
7 & 8        Step Left behind Right, step Right to Right Side, Cross Left over Right (12:00)

### **Sec. 2 (9-16) ROCK RECOVER CROSS X2, STOMP KICK ¼ TURN, STEP BACK X2 WITH KNEE POPS**

1 & 2        Rock Right foot to Right side, Recover onto Left foot, Cross Right over Left  
3 & 4        Rock Left foot to Left side, Recover onto Right foot, Cross Left over Right  
5-6        Stomp Right foot next to Left foot, kick Right foot while making ¼ turn Right  
7-8        Step back Right foot and pop Left knee forward keeping ball of foot connected to floor, Step □back Left foot and pop Right knee forward keeping ball of foot connected to floor (3:00)

### **Sec. 3 (17-24) & Sec. 4 (25-32) ---- REPEAT Sec. 1 & Sec. 2 – ending at 6:00**

**\*\*\*\*Tag: Wall 3 and Wall 5 – After 32 counts. Full Paddle Turn Left. With weight on Left, use Right to push/paddle for 4 syncopated counts – RLRLRLRL - &1 &2 &3 &4.). Restart. \*\*\*\*\***

### **Sec. 5 (33-40) CROSS ROCK, SWEEP, SAILOR ½ TURN, SKATE X2, SAILOR ¾ TURN**

1 &        Cross Right foot over Left foot, Recover on Left foot  
2        Sweep Right foot forward & around to Right side  
3 & 4     Step Right foot behind Left foot while turning ¼ turn Right, Step Left to Left side while turning ¼ □turn Right, Cross Right over Left  
5-6     Skate (or step) Left foot to Left side, Skate (or step) Right foot to Right side  
7 & 8     Step Left behind Right making ¼ turn Left, Step Right to Right side making a ¼ turn, Cross Left □foot over Right foot while making ¼ turn Left (3:00)

### **Sec. 6 (41-48) CROSS ROCK X2, FULL PADDLE TURN TOWARD LEFT**

1 & 2        Cross Right foot over Left foot, Recover on Left foot, Step Right foot to Right side  
3 & 4        Cross Left foot over Right foot, Recover on Right foot, Step Left foot to Left side  
&5&6&7&8    Push/paddle starting with Right foot making a full turn toward Left with weight on Left □foot, shifting weight RLRLRLRL, end with weight on Left foot (3:00)

**End of Dance. Have fun!**

**\*\*Tag after 32 counts on Wall 3 & Wall 5 (Dance all of Sec. 1-4) – Then, Full Paddle Turn toward Left, weight on Left use Right foot to start & push around for 4 syncopated counts: &1 &2 &3 &4. Restart.**

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script. Video rights assigned to choreographer.  
Contact: [dancingwithshelly@gmail.com](mailto:dancingwithshelly@gmail.com)