

# I Lived It

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BY STEPHEN HITS

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編舞者: Paula Frohn (USA) - December 2017  
音樂: I Lived It - Blake Shelton



**Alt. Music With NO Tag, At The House by Blake Shelton (BPM 98)**

**Intro: 16 count, start with vocals**

## **Skate Right, Skate Left, Triple, to Right, Skate Left, Skate Right, Triple ¼ Turn Left**

1-2            Skate right foot then skate left foot  
3&4           Step right to right side, step left foot next right foot, step right to right side  
5-6           Skate left foot then right foot  
7&8           Step left foot to left side, step right foot next to left foot, turn ¼ turn left & step left foot to left forward

## **Rock Forward, Replace, Syncopate Turning Right- ½, ½, forward then Step Forward LF, Replace, Coaster Step**

1-2            Step right foot forward, rock back on left foot  
3&4           Turn ½ right, step right foot forward: turn ½ right, step left foot back; turn ½ right; step right foot forward

### **Easier variation on 3&4: Turn ½ right, shuffle forward R-L-R**

5-6           Step left foot forward, rock back onto right foot  
7&8           `Step left foot back, step right foot next to left foot, step left foot forward

## **Step forward Right, Pivot ¼ Left, Cross Shuffle, Hinge ½ Right, Shuffle Forward**

1-2            Step right foot forward, pivot ¼ turn left changing weight to left foot  
3&4           Cross right foot in front of left foot, step left foot to left side, step right foot in front of left foot  
5-6           Turn ¼ right, step left foot back; turn ¼ right, step right foot to right side  
7&8           Step left foot forward, step right foot next to left foot, step left foot forward

## **Rocking Chair Right, Step Forward Right, Pivot ½ Left Twice**

1-2            Step right foot forward, rock back onto left foot  
3-4            Step right boot back, rock forward onto left foot  
5-6            Step right foot forward, pivot ½ left changing weight to left foot  
7-8            Step right foot forward, pivot ½ left changing weight to left foot

**Start over!**

**NOTE: After 1st, facing 6 o'clock, and 4th set, facing 12 o'clock the second time, add 4 counts ...**

**Step right foot to right side, touch left toe next to right foot, step left foot to left side, touch right toe next to left.**

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