

# Life is a ROLLERCOASTER!

**COPPER** **KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Improver  
編舞者: Val Saari (CAN) - January 2019  
音樂: Life Is a Rollercoaster - Ronan Keating



## **SIDE STRUT, CROSS STRUT, R SIDE MAMBO (CHA CHA CHA)**

1-2      Step RF toes to R side, Drop heel down  
3-4      Cross LF toes over RF, Drop left heel down  
5-6      RF Rock side right, LF recover  
7&8      Step RF beside Left, Step LF in place, Step RF in place (cha, cha, cha)

## **SIDE STRUT, CROSS STRUT, L SIDE MAMBO (CHA CHA CHA)**

1-2      Step LF toes to L side, Drop heel down  
3-4      Cross RF toes over LF, Drop left heel down  
5-6      LF Rock side left, RF recover  
7&8      Step LF beside Right, Step RF in place, Step LF in place (cha, cha, cha)

## **RF SHUFFLE FWD, PIVOT 1/2 R, LF SHUFFLE FWD, PIVOT 1/4 L**

1&2      Step RF forward, Step LF beside R, Step RF forward  
3-4      Step LF forward, Pivot 1/2 R  
5&6      Step LF forward, Step RF beside L, Step LF Forward  
7-8      Step RF forward, Pivot 1/4 L

## **RF ROCKING CHAIR, STEP-TOUCHES R,L**

1-4      Rock RF forward, Recover Left, Rock RF back, Recover Left  
5-8      Step RF right, Touch LF beside R, Step LF left, Touch RF beside L

**REPEAT - No Tags, No Restarts**

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