

# My Life Is A Party

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Advanced  
編舞者: Hiroko Carlsson (AUS) - February 2019  
音樂: My Life Is a Party (R.I.O. Video Edit) - ItaloBrothers : (iTunes)



(Intro: 16 counts)

## [S1] Back Rock, Syncopated Rocking Chair, Out-Out, Sailor Step

1 2            Rock/step back on R, Recover weight on L  
3&4&        Rock/step forward on R, Recover weight on L, Rock/step back on R, Recover weight on L  
5 6            Step R to right, Step L to left  
7&8          Cross R behind L, Step L out to left side, Step R to right side (12:00)

## [S2] Fwd Rock-Back w/ Drag, Together-Heel Fan, Ball-Heel, Hold, Ball-Walk Walk

1&2            Rock/step forward on L, Recover weight on R, Step back on L and drag R towards L  
3&4            Step R together (3), Heel fan out-in (&4)  
&5 6            Step back on L (&), Dig right heel forward (5), Hold (6)  
&7 8            Step R next to L, Step forward on L, Step forward on R (12:00)

## [S3] Fwd, 1/2L w/ Kick, Step-Lock-Step, &-Knee In, Hold, Side-Behind-1/4L-Side-Together

1 2            Step forward on R, Make a ½ turn left (weight on R) and kick L to left diagonal  
3&4            Step L to left diagonal, Lock R behind L, Step L to left diagonal  
&5 6            Step R to side (&), Touch L toe next to R and L knee in (5), Hold (6)  
&7&            Step L to left side, Step R behind L, Make a ¼ turn left stepping forward on L  
8&            Step R to right, Step L together (3:00)

## [S4] Side Rock, Cross Shuffle, 1/4R Out-Out, Hold, Chase Turn 1/2R-Fwd

1 2            Rock/step R to right, Recover weight on L  
3&4            Cross R over L, Step L close to R, Cross R over L  
&5 6            Make a ¼ turn right step out-out (step L to side, Step R to side) (&5), Hold (6)  
7&8            Step forward on L, Make a ½ turn right recover weight on R, Step forward on L\*\* (12:00)

## [S5] R Fwd (Twist) Rock-Triple Turn, L Fwd (Twist) Rock-Triple Turn

1 2            Step forward on R (twist body to 9:00), Recover weight on L (12:00)  
3&4            Triple full turn right RLR on the spot  
5 6            Step forward on L (twist body to 3:00), Recover weight on R (12:00)  
7&8            Triple full turn right LRL on the spot (12:00)

## [S6] Modified Figure 8

1 2            Step R to right, Step L behind R  
3 4            Make a ¼ turn right stepping forward on R, Step forward on L  
5 6            Make a ½ turn right recover weight on R, Make a ¼ turn right stepping L to left  
7&8            Step R behind L, Make a ¼ turn left stepping forward on L, Make a ¼ turn left stepping R to right (6:00)

## [S7] L Back Rock (Looking back), Fwd Rock-Back, R Back Rock (Looking back), Fwd Rock-Back

1 2            Rock/step back on L and looking back to 12:00, Recover weight on R  
3&4            Rock/step forward on L, Recover weight on R, Step back on L  
5 6            Rock/step back on R and looking back to 12:00, Recover weight on L  
7&8            Rock/step forward on R, Recover weight on L, Step back on R (6:00)

## [S8] Back (Looking back), Hold, Ball-Step-Pivot 1/4R, Cross, 1/4L, Triple Turn Back

1 2& Step back on L and looking back to 12:00 (1), Hold (2), Recover/step forward on R (&  
3 4 Step forward on L, Make a ¼ turn right recover weight on R  
5 6 Cross L over R, Make a ¼ turn left stepping back on R  
7&8 Triple full turn left LRL traveling backwards (6:00)

**Repeat**

**Restart: on Wall 3 count 32 (12:00)**

**Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
(updated: 5/Feb/19)**

---