

# Life on Repeat

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 2      級數: Improver  
編舞者: Maria Smith (AUS) & Kevin Smith (AUS) - August 2019  
音樂: Life on Repeat - Ashleigh Dallas : (Album: Reflections - iTunes)



Starts on vocals after count 64.

## V STEP, SIDE, TOUCH, SIDE, TOUCH

1,2,3,4,      step R fwd to side, step L fwd to side, step R back, touch L next to R  
5,6,7,8      step L to side, touch R next L (clap), step R to side, touch L next R (clap)

## V STEP, SIDE, TOUCH, SIDE, TOUCH

1-8      repeat last 8 counts leading L fwd,

## VINE RIGHT, TOUCH, VINE LEFT, TOUCH

1,2,3,4,      step R to side, step L behind R, step R to side, touch L next to R  
5,6,7,8,      step L to side, step R behind L, step L to side, touch R next L,

## RIGHT HEEL, ¼ TURN, LEFT HEEL, RIGHT HEEL STRUT, LEFT HEEL STRUT,

1,2,3,4,      R heel fwd, R heel tog, ¼ turn left L heel fwd, L heel tog. (9.00)  
5,6,7,8,      R heel strut fwd, L heel strut fwd,

## MAMBA FWD, HOLD, MAMBA BACK, HOLD

1,2,3,4,      step R fwd, step back L, step R back, HOLD  
5,6,7,8,      step back L, step R fwd, step fwd L, HOLD

## SLOW ¼ PIVOT TURN, STEP POINT, STEP POINT,

1,2,3,4,      step R fwd, ¼ pivot turn left taking 3 count wt ends on L, (6.00)  
5,6,7,8,      step fwd R, point L to side, step fwd L, point R to side,

## ROCK, CROSS, SIDE, HOLD, ROCK, CROSS, SIDE, HOLD,

1,2,3,4,      rock R across L, take wt L, step R to side, HOLD  
5,6,7,8,      rock L across R, take wt R, step L to side, HOLD, (finish dance here wall 8 )

## FWD, TOUCH, BACK, KICK, ROCK BACK, FWD, TOUCH HOLD

1,2,3,4      step R fwd, touch L behind R, step back L, kick R fwd,  
5,6,7,8,      rock back R, fwd L, touch R next L, HOLD

## [64] START AGAIN

### End of Walls 1-3-6

REPEAT last 4 counts of dance

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