

# My Whole Life Long

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 2      級數: Improver  
編舞者: Nathan Gardiner (SCO) - February 2020  
音樂: My Whole Life Long - Delta Rae



Intro: 16 counts

## Cross Rock, Side Rock, Recover, Cross Shuffle, Side Rock, Recover

1-2      Cross rock R over L, Recover on L  
3-4      Rock out to R side, Recover on L  
5&6      Cross R over L, Step L to L side, Cross R over L  
7-8      Rock out to L side, Recover on R

## Cross Shuffle, ¼ L, ¼ L, Rock Forward, Recover, Coaster Step

1&2      Cross L over R, Step R to R side, Cross L over R  
3-4      ¼ L stepping back on R, ¼ L stepping forward on L  
5-6      Rock forward on R, Recover on L  
7&8      Step back on R, Step L next to R, Step forward on R (slightly crossed over L)

## Side L, Behind, Side L, Touch, ¼ R, ½ R, ¼ R, Cross

1-2      Step L to L side, Step R behind L  
3-4      Step L to L side, Touch R next to L  
5-6      ¼ R stepping forward on R, ½ R stepping back on L  
7-8      ¼ R stepping R to R side, Cross L over R

## Chasse R, Rock Back, Recover, Chasse L, Behind, Side L

1&2      Step R to R side, Step L next to R, Step R to R side  
3-4      Rock back on L, Recover on R  
5&6      Step L to L side, Step R next to L, Step L to L side  
7-8      Step R behind L, Step L to L side

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