

# All My Life

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Debora Minelle (IT) - October 2021  
音樂: All My Life - Sam Outlaw



Intro 16 counts and final 15 counts

**INTRODUCTION: (do it after 48 counts from the beginning of the song)**

**Seq.1: L STEP DIAGONAL BACK, SLIDE, HOLD X2, STEP R SIDE, L SLIDE, HOLD X2**

1 - 2      Step L diagonal left back, Slide R beside L  
3 - 4      Hold x 2  
5 - 6      Step R to right side, Slide L beside R  
7 - 8      Hold x 2

**Seq.2: L STEP DIAGONAL FORWARD, SLIDE, HOLD X2, ROCKING CHAIR**

1 - 2      Step L diagonal left forward, Slide R beside L  
3 - 4      Hold x 2  
5 - 6      Rock R forward, Recover on L  
7 - 8      Rock R back, Recover on L

**THE DANCE:**

**Seq. 1: STEP R FWD, L STOMP TOGETHER, STEP R BACK, L STOMP TOGETHER, STEP LOCK STEP FWD, L STOMP UP**

1 - 2      Step R forward, stomp L beside R  
3 - 4      Step R back, stomp L beside R  
5-6-7      Step R forward, cross L behind R, Step R forward  
8      Stomp up L beside R

**Seq. 2: L HEEL TOUCH FWD, L HOOK, L POINT, L HOOK BACK, L ROCK SIDE, L 1/2 TURN, STOMP UP**

1 - 2      Touch L heel forward, hook L over R  
3 - 4      Point L to left, hook L behind R  
5-6-7      Rock L side, recover on R, 1/2 turn left (weight on L)  
8      Stomp up R beside L

**Seq.3: ROCK R SIDE, 1/2 TURN R, L STOMP UP, L ROCK SIDE, 1/2 TURN L, SCUFF**

1 - 2      Rock R side, recover on L  
3 - 4      1/2 turn right, stomp up L beside R  
5 - 6      Rock L side, recover on R  
7 - 8      1/2 turn left, scuff R beside L

**Seq. 4: (Jumping) L JAZZ BOX THREE, (Jumping) JAZZ BOX THREE, STOMP UP, STOMP FWD**

1 - 2      Cross R over L and Hook L, Step L back and kick R forward  
3 - 4      Step R side and kick L forward, Cross L over R and Hook R  
5 - 6      Step R back and Kick L forward, Step L side and Kick R forward  
7 - 8      Stomp up R beside L, Stomp R forward

**Seq. 5: SWIVEL HEEL, RETURN, BRUSH, STOMP, SWIVEL HEEL, RETURN, TOUCH HEEL FWD, HOOK**

1 - 2      Swivel R heel to right, Return in place  
3 - 4      Brush R to right, Stomp R forward  
5 - 6      Swivel R heel to right, return in place  
7 - 8      Touch R heel forward, Hook R over L

**Seq. 6: STEP LOCK STEP FWD, L STOMP UP, L ROCK BACK, L STOMP UP X2**

- 1-2-3 Step R forward, cross L behind R, Step R forward
- 4 Stomp up L beside R
- 5 - 6 Rock L back and touch R heel forward, recover on R
- 7 - 8 Stomp up L beside R, Stomp up L beside R

**Seq. 7: L STEP FWD, PIVOT, 1/2 TURN, HOLD, POINT, STEP BACK, L POINT, L STEP BACK**

- 1 - 2 Step L forward, 1/2 turn right (weight on R)
- 3 - 4 1/2 turn right in place (weight on L), Hold
- 5 - 6 Point R to right side, Step R back
- 7 - 8 Point L to left side, Step L back

**Seq. 8: TOE STRUT BACK, L TOE STRUT BACK, SLOW COASTER STEP, L STOMP**

- 1 - 2 Step back on R toe, Drop R heel taking weight
- 3 - 4 Step back on L toe, Drop L heel taking weight
- 5 - 6 Step R back, step L beside R
- 7 - 8 Step R forward, Stomp L beside R

**FINAL: (do it after 6th repetition)**

**Seq. 1: POINT, STEP BACK, L POINT, L STEP BACK, TOE STRUT BACK, L TOE STRUT BACK**

- 1 - 2 Point R to right side, Step R back
- 3 - 4 Point L to left side, Step L back
- 5 - 6 Step back on R toe, Drop R heel taking weight
- 7 - 8 Step back on L toe, Drop L heel taking weight

**Seq.2: SLOW COASTER STEP, L STOMP UP, L STOMP FWD, STOMP UP, STOMP FORWARD**

- 1 - 2 Step R back, step L beside R
- 3 - 4 Step R forward, Stomp up L beside R
- 5-6-7 Stomp L forward, Stomp up R beside L, Stomp R forward

**At a certain point the music goes slower. Please follow the rhythm with the same steps so to have the best execution.**

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