

# Y'all Life

COPPER KNOB  
STEPSHEETS

拍數: 32                      牆數: 4                      級數: Intermediate  
編舞者: Gail Smith (USA) - October 2022  
音樂: Y'all Life - Walker Hayes



**INTRO: 16 Counts to the slower beat.**

## **OUT-OUT-IN-IN, OUT-OUT-IN-IN, SCUFF-HITCH-STEP, COASTER STEP**

1 & 2 &                      Step R out to side, Step L out to side, Step R to center, Step L next to R  
3 & 4 &                      REPEAT 1 & 2 & (Song says Double Dutch in the park)  
5 & 6                          Scuff R heel fwd, Hitch R knee up, Step R back  
7 & 8                          Step L back, Step R next to L, Step L fwd

**Step Option 1 - 4 &: Jog in place. Depends on your floor surface and individual capabilities. May be done syncopated or whole counts. Do what's best for you!**

## **STEP-1/4-CROSS, 1/4-1/4-CROSS, SHUFFLE SIDE R, CROSS ROCK-REC-STEP**

1 & 2                          Step R fwd, Pivot 1/4 L, Step R over L 9:00  
3 & 4                          1/4 turn R stepping L back, 1/4 turn R stepping R to side, Step L over R 3:00  
5 & 6                          Step R to side, Step L next to R, Step R to side  
7 & 8                          Rock L across R, Rec onto R, Step L to side

## **SKATES R-L, CROSS ROCK-REC-STEP, SWIVELS TRAVELING R, FWD SWIVELS**

1                              Slide R towards L foot in a sweeping motion, pushing outward to R diagonal  
2                              Slide L towards R foot in a sweeping motion, pushing outward to L diagonal  
3 & 4                          Rock R across L, Rec onto L, Step R to side - toes angled inward  
5                              Swivel R toes to R AND swivel L heel in towards R foot (traveling R)

**ARMS optional: Bend at elbow bringing arms outward, palms facing fwd.**

&                              Swivel R heel out to R AND L toes in towards R foot (traveling R)

**ARMS optional: Turn arms downward, palms facing back.**

6                              Swivel R toes to R AND swivel L heel in towards R foot (traveling R)

**ARMS optional: Bend at elbow bringing arms outward, palms facing fwd.**

**(Easier side swivels option: Swivel BOTH heels, BOTH toes, BOTH heels traveling R.)**

7&8&                          On balls of feet, travel fwd R,L,R,L - Swiveling heels outward each time. Knees Bent. Arms at your side. Palms facing down, OR do jazz hands!

**(Song says, We going down, down baby.)**

**\*\*\*\*\* RESTART here on wall 3. Dance starts facing 6:00. Restart happens facing 9:00**

**RESTART here on wall 6. Dance starts facing 3:00. Restart happens facing 6:00**

**RESTART here on wall 7. Dance starts facing 6:00. Restart happens facing 9:00**

## **CHUGS L - 1/4, 1/4, 1/4, STEP FWD, CHUGS R - 1/4, 1/4, 1/4, STEP FWD**

1                              Turn 1/4 L on ball of L foot and Tap R toes out to side 12:00  
&                              Slight hitch R knee towards L knee while turning 1/4 L on ball of L foot 9:00  
2                              Tap R toes out to side  
&                              Slight hitch R knee towards L knee while turning 1/4 L on ball of L foot 6:00  
3 - 4                          Tap R toes out to side, Step R slightly fwd  
5                              Turn 1/4 R on ball of R foot, Tap L toes out to side 9:00  
&                              Slight hitch L knee towards R knee while turning 1/4 R on ball of R foot 12:00  
6                              Tap L toes out to side  
&                              Slight hitch L knee towards R knee while turning 1/4 R on ball of R foot 3:00  
7                              Tap L toes out to side  
8                              Step L slightly fwd

**START AGAIN**

**When the song ends, you will finish the first 8 counts of the dance facing 12:00!**

**Last Update - 20 Dec 2022 - R2**

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