

My Life Is Like

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Dustin Valcalda (USA) - October 2022
音樂: High Heels - Flo Rida & Walker Hayes



Intro: 16 Counts
Weight Starts Left Foot

[1-8] R Forward Mambo, L Coaster Step, R Wizard, L Wizard

1&2 Rock RF forward, Recover LF, Step RF next to LF (12:00)
3&4 Step LF back, Step RF next to LF, Step LF forward (12:00)
5-6& Step RF diagonally R, Lock LF behind RF, Step RF forward (12:00)
7-8& Step LF diagonally L, Lock RF behind LF, Step LF forward (12:00)

[9-16] R Rock Step, Two Step $\frac{3}{4}$ Turn, Ball RF, L Side Rock, Ball LF, Point R Toe to Side, Ball RF, Point L Toe to Side

1-2 Rock RF forward, Recover LF (12:00)
3-4 Step RF back w/ $\frac{1}{2}$ turn over R shoulder, Step LF to L w/ $\frac{1}{4}$ turn over R shoulder (9:00)
&5-6 Ball RF next to LF, Rock LF to L, Recover RF (9:00)
&7&8 Ball LF next to RF, point RF toe to side, Ball RF next to LF, point LF toe to side (9:00)

[17-24] Slight L Knee Hitch, L Side Triple Step w/ $\frac{1}{4}$ Turn L, Pivot $\frac{1}{2}$ Turn L, Ball RF, Ball LF, Hold, Hip Sways

&1&2 Slightly Hitch L knee, Step LF to L w/ $\frac{1}{4}$ turn L, Step RF next to LF, Step LF forward (6:00)
3-4 Step RF forward, Pivot $\frac{1}{2}$ over L shoulder (NOTE: RESTART HERE) (12:00)
&5-6 Ball RF slightly to R, Ball LF slightly to L (feet roughly shoulder width), Hold (12:00)
7-8 Sway Hips R, Sway Hips L (12:00)

RESTART NOTE: The only RESTART happens after count 4 of this section on Wall 5 (Facing 12:00)

[25-32] R Side Triple Step, L Cross Behind Rock Step, Two Step $\frac{3}{4}$ turn, L Lock Step

1&2 Step RF to R, Step LF next to RF, Step RF to R (12:00)
3-4 Rock LF behind RF, Recover RF (12:00)
5-6 Step LF to L w/ $\frac{1}{4}$ turn over R shoulder, Step RF back w/ $\frac{1}{2}$ turn over R shoulder (9:00)
7&8 Step LF forward, Lock RF behind LF, Step LF forward (9:00)