

# Do This Life

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 2      級數: High Beginner  
編舞者: Cathy Breed (AUS) - April 2023  
音樂: Do This Life - High Valley : (Album: Way Back - iTunes)



**Intro: Starts after 2 Counts on word 'I' - No Tags or Restarts**

## **SIDE SHUFFLE, BACK, ROCK, SIDE SHUFFLE, BACK, ROCK**

1&2      Step R to right, Step L beside right, Step R to right  
3-4      Rock L back, Rock forward onto R  
5&6      Step L to left, Step R beside left, Step L to left  
7-8      Rock R back, Rock forward onto L

## **ROCKING CHAIR, STEP, PIVOT, STEP, PADDLE**

1-2-3-4      Step R forward, Rock back onto L, Step R back, Rock forward onto L  
5-6-7-8      Step R forward, Turn 1/2 left weight L, Step R forward, Turn 1/4 left weight L

## **SHUFFLE FORWARD, FORWARD, ROCK, SHUFFLE BACK, BACK, ROCK**

1&2      Step R forward, Step L beside right, Step R forward  
3-4      Step L forward, Rock back onto R  
5&6      Step L back, Step R beside left, Step L back  
7-8      Step R back, Rock forward onto L

## **1/4 JAZZ BOX, JAZZ BOX**

1-2-3-4      Step R across left, Step L back, Turn 1/4 right step R forward, Step L beside right  
5-6-7-8      Step R across left, Step L back, Step R to right, Step L beside right

**Start dance again! Enjoy! ♦**

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