

# My Crazy Life

COPPER KNOB  
STEPSHEETS

拍數: 0                      牆數: 2                      級數: Improver  
編舞者: Ed Royko (USA) - June 2023  
音樂: Mi Vida Loca (My Crazy Life) - Pam Tillis



...begin the walk forward on the word COMIN'

## Set 1 WALK, WRIST SPIN

1-4                      Walk forward R,L,R while spinning wrists forward 4 times around each other  
5&6&7&8              R heel, return, L heel, return, stomp R foot no weight, clap, clap

1-4                      Walk back R,L,R,L while spinning wrists backward 4 times around each other  
5&6&7&8              R heel, return, L heel, return, stomp R foot no weight, clap, clap

(Repeat both parts of set 1)

## Set 2 WALK, SHUFFLE/WALK, ROCK RECOVER, TURN

1-2, 3&4              Walk forward R,L /shuffle R,L,R  
5-6, 7&8              Walk forward L,R, /rock forward on L, recover, turn 1/4 counterclockwise while stepping on L foot

(Repeat set 2)

## Set 3 SCISSORS

1&2                      Rock to R, recover to L, cross R foot over left taking weight  
3&4                      Rock to L, recover to R foot, cross L foot over R taking weight

(Repeat set 3)

## Set 4 STEP TOUCH

1-2                      Step R foot to the right, touch L foot next to right foot  
3-4                      Step L foot to the left, touch R foot next to left foot  
5-6                      Step R foot to the right, touch L foot next to right foot  
7-8                      Step L foot to the left, touch R foot next to the left foot

## Set 5 VINES

1-4                      Step R foot to right side, step L foot behind right foot, step R foot to right side, hitch left knee while turning 1/2 turn clockwise  
5-8                      Step L foot to left side, step R foot behind left foot, step L foot to left side, tap R toe next to left foot

(Repeat set 5 and then begin the dance from the beginning)

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