

# This Is The Life

COPPERKNOB  
BY STEPHENETS

拍數: 16      牆數: 4      級數: Beginner  
編舞者: Hiroko Carlsson (AUS) - March 2024  
音樂: This Is The Life - LIZOT & KYANU



Intro: 8 counts)

**[S1] Cross Rock, Side, Cross Rock, Side, Behind Rock, Side, Behind Rock, Side**

1&2      Rock/cross R over L, Replace weight on L, Step R to the side  
3&4      Rock/cross L over R, Replace weight on R, Step L to the side  
5&6      Rock/cross R behind L, Replace weight on L, Step R to the side  
7&8      Rock/cross L behind R, Replace weight on R, Step L to the side

**[S2] Coaster Step, Step-Pivot 1/4R-Cross, Side Rock-Cross-Side-Behind Rock-Scissor- (Cross to start)**

1&2      Step back on R, Step L beside R, Step forward on R  
3&4      Step forward on L, Make a ¼ turn right recover weight on R (3:00), Cross L over R  
5&6&      Rock R to the side, Replace weight on L, Cross R over L, Step L to the side  
7&8&      Rock/cross R behind L, Replace weight on L, Step R to the side, Step L next to R

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