

# This Is Life

COPPER KNOB  
BY STEPHEN

拍數: 96      牆數: 2      級數: Advanced  
編舞者: André Waser (CH) - March 2024  
音樂: Summer Nights - BEN & TAN



Intro: 32 Counts

Phases: A, A, B1, A, A, B2, C, A, A, B3, C-Final

## Part A: 32c

### Sec. 1:

1-4      RF Ceaser Cross, LF ¼-Turn to R-Side, RF ½-Turn R-Side  
5-8      LF ¼-Turn R-Side into LF Ceaser Cross, RF step to R, LF Touch beside RF

### Sec. 2:

1-4      LF side-step, RF behind LF cross recover, RF ¼-Turn to L-Side, LF ½-Turn L-Side  
5-8      RF ¼-Turn L-Side into RF Ceaser Cross, LF step to L, RF Stop-Up beside LF

### Sec. 3:

1-4      RF Shuffle back, LF ½-Turn Left, LF Rock recover, LF ½-Turn Left  
5-8      RF Shuffle forward, LF ½-Turn right, RF ½-Turn right (set right foot beneath left foot)

### Sec. 4:

1-4      Svivet right, Swivet left, Swivet right, LF ½-Turn to left, Step  
5-8      RF 1/2-Tun Left, LF ½-Turn Left, LF Cick-Ball-Change

## Part B1

### Sec. 1

1-4      RF Hitch and Jump to diogonal 45deg, RF Step backward, LF Coaster Step  
5-8      RF cross over left foot, LF recover, RF ¼-Turn to diagonal 145deg, LF Cross Rock and recover, Step

### Sec. 6:

1-4      RF Hitch and Jump to diogonal 135deg, RF Step backward, LF Coaster Step  
5-8      RF cross over left foot, LF recover, RF ¼-Turn to diagonal 225deg, LF Cross Rock and recover, Step

### Sec. 7:

1-4      RF Hitch and Jump to diogonal 225deg, RF Step backward, LF Coaster Step  
5-8      RF cross over left foot, LF recover, RF ¼-Turn to diagonal 315deg, LF Cross Rock and recover, Step

### Sec. 8:

1-4      RF Hitch and Jump to diogonal 315deg, RF Step backward, LF Coaster Step  
5-8      RF cross over left foot, LF recover, RF ¼-Turn to diogonal 45deg, LF Cross Rock and recover, Step

## Part B2

### Sec. 1

1-8      Same as B1

### Sec. 2:

1-8      Same as B1

**Sec. 3:**

1-8 Same as B1

**Sec. 4:**

1-4 RF Hitch and Jump to diagonal 315deg, RF Step backward, LF Sailor Step 3/8-Turn

5-8 RF Step forward, LF Scuff-Hitch, Hold leg and slapp left, then right side, close LF foot to RF

**Part B3****Sec. 1**

1-8 Same as B1

**Sec. 2:**

1-8 Same as B1

**Sec. 3:**

1-4 RF Hitch and Jump to diagonal 315deg, RF Step backward, LF Sailor Step 5/8-Turn

5-8 RF Step forward, LF Scuff-Hitch, Hold leg and slapp left, then right side, close LF foot to RF

**Part C****Sec. 1:**

1-4 RF Kick-Hok, LF Kick-Hok

5-8 RF Kick-Hok, RF Coaster-Step

**Sec. 2:**

1-4 LF Kick-Hok, LF Coaster-Step

5-8 RF ¼-Swing-Turn right backward, RF Coaster Step

**Sec. 3:**

1-4 LF Shuffle forward, RF Shuffle forward

5-8 LF ¼-Turn left, LF Rock recover, LF ½-Turn left, RF Rock recover

**Sec. 4:**

1-4 LF ½-Turn left, LF Rock-recover, RF Coaster step

5-8 LF Rock-recover ½-Turn left, RF Kick-Ball-Cross

**Part C-Final****Sec. 1:**

1-8 Same as C

**Sec. 2:**

1-8 Same as C

**Sec. 3:**

1-8 Same as C

**Sec. 4:**

1-4 LF ½-Turn left, LF Rock-recover, RF Coaster step

5-8 LF Rock-recover ½-Turn left, LF Rock-recover ½-Turn left, Full Turn left

**RF: Right Foot; LF: Left Foot; fw: forward; bw: backward**

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