

# Way of Life

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Phrased Intermediate  
編舞者: Bruno Penet (FR) & Isabelle Dréau (FR) - May 2024  
音樂: Here's To Hometowns - Nate Smith



Intro : 32 temps

SEQUENCE : A – Tag 1 – B - B – Tag 1 – A – B - B – Tag 2 – B - B – Tag 1 – A - Final

## PART A (32 counts)

**[1-8] SIDE ROCK R, & SIDE ROCK L with STOMP R, CROSS L, R POINT BEHIND L, STEP BACK R, HEEL FWD L, STEP FWD L, SCUFF R**

1-2&      Step RF to R side, recover weight on LF, step RF beside LF,  
3-4      Step LF to L side, recover weight on RF with stomp,  
5-6      Cross LF over RF, touch R Toe behind LF,  
&7&8      Step RF back, touch L heel forward, step LF forward, scuff R heel beside LF.

**[9-16] STEP FWD R, ½ TURN L, CROSS (R & L), SWITCHES POINT SIDE (R & L), ROCK FWD R**

1-2      Step RF forward, pivot ½ turn L (recover weight on LF), (6h00)  
3-4      Cross RF over LF, cross LF over RF,  
5&6&      Touch R toe to R side, step RF beside LF, touch L toe to L side, step LF beside RF,  
7-8      Step RF forward, recover weight on LF.

**[17-24] ROCK BACK R, STEP FWD R, ½ TURN L, MAMBO R, COASTER STEP L**

1-2      Step RF back, recover weight on LF,  
3-4      Step RF forward, pivot ½ turn L (recover weight on LF), (12h00)  
5&6      Step RF forward, recover weight on LF, step RF beside LF,  
7&8      Step LF back, step RF beside LF, step LF forward.

**[25-32] CROSS R, STEP SIDE L, ¼ SAILOR STEP R, ¼ SIDE ROCK CROSS L, STOMP R, HEEL FAN R & FLICK R**

1-2      Cross RF over LF, step LF to L side,  
3&4      ¼ turn R & cross RF behind LF, step LF to L side, step RF to R side, (3h00)  
5&6      ¼ turn R & step LF to L side, recover weight on RF, cross LF over RF, (6h00)  
7&8&      Stomp RF forward, pivot R heel to R side, pivot R heel to center, flick RF.

## PART B (32 counts)

**[1-8] DIAG STEP LOCK STEP (R & L), VAUDEVILLE L ending ¼ R, ¼ SIDE ROCK CROSS**

1&2      (diagonal R) Step RF forward, cross LF behind RF, step RF forward,  
3&4      (diagonal L) Step LF forward, cross RF behind LF, step LF forward,  
5&6&      Cross RF over LF, ¼ turn R & step LF back, touch R heel forward, step RF beside LF, (3h00)  
7&8      ¼ turn R & step LF to L side, recover weight on RF, cross LF over RF. (6h00)

**[9-16] DIAG STEP LOCK STEP (R & L), VAUDEVILLE L ending ¼ R, ¼ SIDE ROCK CROSS**

1&2      (diagonal R) Step RF forward, cross LF behind RF, step RF forward,  
3&4      (diagonal L) Step LF forward, cross RF behind LF, step LF forward,  
5&6&      Cross RF over LF, ¼ turn R & step LF back, touch R heel forward, step RF beside LF, (9h00)  
7&8      ¼ turn R & step LF to L side, recover weight on RF, cross LF over RF. (12h00)

**[17-24] SCISSOR CROSS R, STEP SIDE L, TOUCH R, KICK BALL CROSS R, SIDE ROCK R**

1&2      Step RF to R side, step LF beside RF, cross RF over LF,  
3-4      Step LF to L side, touch R toe beside LF,  
5&6      Kick RF forward, step RF beside LF, cross LF over RF,

7-8 Step RF to R side, recover weight on LF.

**[25-32] SAILOR STEP ¼, ROCK STEP L, ½ TRIPLE FWD, ¼ SIDE ROCK R, FLICK R**

1&2 ¼ turn R & cross RF behind LF, step LF to L side, step RF to R side, (3h00)

3-4 Step LF forward, recover weight on RF,

5&6 ½ turn L & step LF forward, step RF beside LF, step LF forward, (9h00)

7&8 ¼ turn L & step RF to R side, recover weight on LF, flick RF. (6h00)

**TAG 1 (8 counts)**

**[1-8] TRIPLE SIDE R & HOOK L, ¼ TRIPLE SIDE L & HOOK R, TRIPLE SIDE R & HOOK L, ½ LARGE STEP L BACK, HOOK R**

1&2& Step RF to R side, step LF beside RF, step RF to R side, hook LF behind RF,

3&4& ¼ turn R & step LF to L side, step RF beside LF, step LF to L side, hook RF behind LF, (3h00)

5&6& ¼ turn R & step RF to R side, step LF beside RF, step RF to R side, hook LF behind RF, (6h00)

7-8 ½ turn R & large step LF back, hook RF over LF, (12h00)

**TAG 2 (20 counts)**

**[1-8] TRIPLE SIDE R, ROCK BACK L, TRIPLE SIDE L, ½ STEP SIDE R, STOMP L**

1&2 Step RF to R side, step LF beside RF, step RF to R side,

3-4 Step LF back, recover weight on RF,

5&6 Step LF to L side, step RF beside LF, step LF to L side,

7-8 ½ turn R & step RF to R side, stomp LF beside RF. (6h00)

**[9-16] TRIPLE SIDE R, ROCK BACK L, TRIPLE SIDE L, ½ STEP SIDE R, STOMP L**

1&2 Step RF to R side, step LF beside RF, step RF to R side,

3-4 Step LF back, recover weight on RF,

5&6 Step LF to L side, step RF beside LF, step LF to L side,

7-8 ½ turn R & step RF to R side, stomp LF beside RF. (12h00)

**[17-20] JAZZ BOX ½**

1-2 Cross RF over LF, ¼ turn R & step LF back, (3h00)

3-4 ¼ turn R & step RF forward, step LF forward. (6h00)

**FINAL**

**Stomp RF forward**

**Legend : RF = right foot - LF = left foot - R = right - L = left**

**START DANCING AT THE START AND KEEP SMILING !!**

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