

# Life Changes

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 1      級數: Intermediate  
編舞者: Myrtle Guice (USA)  
音樂: Remember When - Alan Jackson



## RIGHT SCISSOR, RIGHT ½ TURN, (2X)

- 1&2      Step right foot to right side, step left foot next to right foot, cross right foot over left foot  
3&4      Make ¼ right turn by stepping back on left foot (facing 3:00), make another ¼ right turn by stepping right foot to right side (facing 6:00), cross left foot over right foot  
5&6      Repeat 1&2(facing 9:00)  
7&8      Repeat 3&4 (facing 12:00)

## STEP, CROSS, STEP, CROSS ¼ RIGHT TURN, ¾ UNWIND RIGHT TURN, LEFT WEAVE, ROCK, RECOVER

- &1&2      Step right foot to right side, cross left foot over right foot, twice  
&3-4      Make ¼ right turn by stepping forward on right foot, cross left foot over right foot making ¾ right turn with a ronde sweep shifting weight onto left foot  
5&6      Step right foot behind left foot, step left foot to left side, cross right foot over left foot  
7-8      Rock left foot to left side, recover weight onto right foot

## LEFT AND RIGHT SAILORS, ¼ LEFT COASTER TURN, FULL LEFT TURN

- 1&2      Step left foot behind right foot, step right foot in place, step left foot to left side  
3&4      Step right foot behind left foot, step left foot in place, step right foot to right side  
5&6      Make ¼ left turn by stepping back on left foot (9:00), step right foot next to left foot, step forward onto left foot  
7-8      Make ½ left turn by stepping back on right foot (facing 3:00), make another ½ left turn by stepping left foot forward(9:00)

**Option: for those who do not wish to make the full turn, walk right, left**

## ROCK, RECOVER, ½ RIGHT SHUFFLE TURN, ROCK, RECOVER, LEFT ¼ LEFT CHASSE TURN

- 1-2      Rock forward onto right foot, shift weight onto left foot  
3&4      Make a right ½ shuffle turn (right, left, right)  
5-6      Rock forward onto left foot, shift weight onto right foot  
7&8      Make ¼ left chasse turn (left, right, left)

## REPEAT

## TAG

Sway hips from right to left for two counts after dance completions 1,2 and 4  
Sway hips from right to left for four counts after the dance completion 6

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