

# Life Goes On

COPPER KNOB  
STEPSHEETS

拍數: 52                      牆數: 2                      級數: Intermediate  
編舞者: Gloria Johnson (USA)  
音樂: Land of the Living - Pam Tillis



## TOE-HEEL TOUCHES; IN-IN, HOLD; OUT-OUT, HOLD

1-2                      Touch right toe beside left in-step; touch right heel beside left in-step  
3-4                      Touch right toe beside left in-step; touch right heel beside left in-step  
&5-6                      Step right foot in toward left foot; step left foot in toward right foot; hold  
&7-8                      Step right foot out to right side; step left foot out to left side; hold.

## KNEE POPS; TURNING SHUFFLES

9-10                      Raise both heels causing knees to bend; lower heels to floor  
11-12                      Raise both heels causing knees to bend; lower heels to floor  
13&14                      Shuffle right-left-right turning  $\frac{1}{4}$  right  
15&16                      Shuffle left-right-left turning  $\frac{1}{2}$  right (steps 13-16 equal a  $\frac{3}{4}$  turn).

**Put some attitude into the "knee-pop" movement by bending and raising arms and pulling them towards to body when heels are lowered or if this is not comfortable, snap fingers on both hands as heels are lowered.**

## KICK, KICK, STOMP, STOMP; TURNING SHUFFLES

17-18                      Kick right foot forward twice  
19-20                      Stomp right; stomp left  
21&22                      Shuffle right-left-right turning  $\frac{1}{4}$  right  
23&24                      Shuffle left-right-left turning  $\frac{1}{2}$  right (steps 21-24 equal a  $\frac{3}{4}$  turn).

## KICK, KICK, STOMP, STOMP; RIGHT SCUFFS FORWARD, STOMP

25-26                      Kick right foot forward twice  
27-28                      Stomp right; stomp left  
29-30                      Scuff right foot forward; scuff right foot back across left leg (hook)  
31-32                      Scuff right foot forward; stomp right beside left.

## LEFT SCUFF; TURNING SHUFFLE; ROCK STEP

33-34                      Scuff left foot forward; scuff left foot back across right leg (hook)  
35-36                      Scuff left foot forward; scuff left back beside right  
37&38                      Turning  $\frac{1}{4}$  left, shuffle left-right-left  
39-40                      Rock-step forward on right; step back on left

## TURNING SHUFFLE; ROCK STEP; KICK-BALL-STEP; KICK-BALL-STEP

41&42                      Turning  $\frac{1}{4}$  right, shuffle right-left-right  
43-44                      Rock-step forward on left; step back on right  
45&46                      Kick left foot forward; step left foot slightly left; step right foot slightly left  
47&48                      Kick left foot forward; step left foot slightly left; step right foot slightly left.

**Dancers should travel slightly left in steps 45-48.**

## SIDE TOUCHES; CROSS-STEPS; ROCK STEP

49-50                      Touch left toe to left side; cross-step left over right  
51-52                      Touch right toe to right side; cross-step right behind left  
53-54                      Touch left toe to left side; cross-step left behind right  
55-56                      Rock step back on right; step forward onto left.

**REPEAT**

