

# A Little Bit Of Life

COPPERKNOB  
BY STEPHEN BERTS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Linda Burgess (AUS) & Mitchell Burgess (AUS)  
音樂: A Little Bit Of Life - Craig Morgan



## ROCK/REPLACE, STEP, ROCK/REPLACE, STEP, STEP, PIVOT ½, STEP, TRIPLE TURN RIGHT

- 1-2&3-4&      Rock/step forward right, replace weight to left, step right beside left, rock/step forward left, replace weight to right, step left beside right
- 5&6-7&8      Step forward right, pivot ½ turn left, step forward right, turn ½ right & step back left, turn ½ right & step forward right, step forward left

## RIGHT MAMBO, TOGETHER, HEEL, TOGETHER, STEP PIVOT ½ FLICK, STEP, SHUFFLE FORWARD, OUT, OUT

- 1&2&3&4&      Rock/step forward right, replace weight to left, step back right, step left beside right, touch right heel to right diagonal, step right beside left, step forward left, pivot ½ right flicking right behind left
- 5-6&7&8      Step forward right, shuffle forward left, right, left, jump/step right out to right, jump/step left out to left (feet apart)

## TWIST HEELS RIGHT, CENTER, LEFT, CENTER, RIGHT, CENTER, RIGHT CENTER, KICK, FORWARD BACK, FORWARD KICK, FORWARD, BACK, FORWARD

- 1&2&3&4&      Twist heels to right, twist heels to center, twist heels left, twist heels to center, twist heels to right, twist heels to center, twist heels to right, twist heels to center (weight on left) (optional-applejacks right, left, right, right)
- 5&6&7&8&      Kick right to right diagonal, cross/step right in front of left, rock/step back left, rock/step forward right, kick left to left diagonal, cross/step left in front of right, rock/step back right, rock/step forward left

## RIGHT MAMBO, BACK, BACK, LEFT COASTER, STEP, PIVOT ½, TURN ¼ LEFT & SIDE

- 1&2&3      Rock/step forward right, replace weight to left, step back right, step back left, step back right
- 4&5      Step back left, step right beside left, step forward left
- 6-7      Step forward right, pivot ½ turn left (weight left)
- &8      Turn ½ left & step back right, turn ¼ left & step left to left

## REPEAT

## RESTART

On wall 4, dance counts 1-16 then restart wall 5 (3:00)

On wall 7, dance counts 1-28 then restart wall 8 (9:00)

## TAG

End of wall 8 (6:00)

- 1&2      Step forward right & bump right hip forward, bump left hip back, bump right hip forward
- 3&4      Step forward left & bump left hip forward, bump right hip back, bump left hip forward (weight on left)