

# Livin' Life...And Livin' Well

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Improver  
編舞者: Sylvia Schell (USA)  
音樂: Living and Living Well - George Strait



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## WALK, WALK, FORWARD SHUFFLE, STEP, KICK, STEP, TOUCH

1-2      Walk left, right  
3&4      Shuffle left forward (left, right, left)  
5-6      Step forward on right foot, kick left foot forward  
7-8      Step back on left foot, touch right toe beside left instep

## STEP, SLIDE, STEP, TOUCH, TURN, KICK, COASTER STEP

1-2      Step side right with right, slide left beside right  
3-4      Step side right with right, touch left toe beside right instep  
5-6      Turn ¼ turn left stepping on left foot, kick right foot forward  
7&8      Step back on right, step left foot beside right, step right foot forward

## WALK, WALK, OUT-OUT, IN-IN, STEP, KICK, STEP, TOUCH

1-2      Walk left, right  
&3&4      Left step to left side, right step to right side, left step in, right step in beside left  
5-6      Step forward on left, kick right forward  
7-8      Step back on right, touch left toe beside right instep

## SIDE, BEHIND, TURN SHUFFLE, STEP, HOLD(CLAP), AND STEP, HOLD(CLAP)

1-2      Step left to left side, step behind left with right  
3&4      Turn ¼ turn left doing a shuffle left (left, right, left)  
5-6      Step right forward, hold (clap on hold)  
&7-8      Step left forward beside right, step forward on right, hold (clap on hold)

**REPEAT**

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