

# My Life

COPPER KNOB  
BY STEPHEN

拍數: 0                      牆數: 4                      級數: Intermediate/Advanced  
編舞者: Paul Farrugia (UK)  
音樂: It's My Life - No Doubt



Sequence: AA B(1st tag) AA B(2nd tag) A A(First 8 counts) BB

## PART A

### RIGHT SIDE SHUFFLE CROSS IN FRONT ROCK, LEFT SIDE SHUFFLE CROSS BEHIND ROCK

1&2                      Step right to right side, left beside right, step right to right side  
3 4                      Cross rock left over right, recover onto right  
5&6                      Step left to left side, right beside left, step left to left side  
7 8                      Cross rock right behind left, recover on the left

### STEP RIGHT HALF TURN, KICK AND POINT AND POINT, KNEE POP OUT, IN, OUT IN OUT ¼ RIGHT TURN

9 10                      Step forward right, pivot left ½ turn  
11&12                      Kick forward right, step right next to left, point left to left side  
&13 14                      Step left next to right, point right to right side, pop right knee in  
15&16                      Pop right knee out, in, out doing a ¼ right turn

### FORWARD RIGHT SHUFFLE, ROCK RECOVER, BACK SHUFFLE, POINT BACK UNWIND HALF TURN RIGHT

17&18                      Step forward right, bring left up to right, step forward right  
19 20                      Rock forward left, recover back on right  
21&22                      Step back on left, bring right back to left, step back on the left  
23 24                      Point right foot back (put weight onto the ball of the foot), unwind ½ turn right

### FORWARD ROCK, RECOVER, RIGHT WEAVE, ROCK OUT RECOVER, LEFT WEAVE, SIDE STEP TOUCH

25 26                      Rock forward left, recover back on right  
27&28                      Cross left behind right, step right to right, cross left in front of right  
29 30                      Rock out onto the right, recover back onto left  
31&32                      Cross right behind left, step left to left side, cross right in front of left  
33 34                      Step left to left side, touch right next to left

## PART B

### 2 X MONTEREY

1 2                      Point right to right, pivot ½ turn right on left foot stepping right next to left  
3 4                      Point left to left side, step left next to right  
5 6                      Point right to right, pivot ½ turn right on left foot stepping right next to left  
7 8                      Point left to left side, step left next to right

### KICK RIGHT AND STEP, STEP FORWARD RIGHT, LEFT ¼ TURN, CROSS SHUFFLE, STEP HALF TURN STEP

9&10                      Kick forward right, step right next to left, step slightly forward left  
11 12                      Step forward right, ¼ left turn  
13&14                      Cross right over left, step left to left, cross right over left  
15 16                      Step left to left side, ½ pivot turn right stepping onto right

### CROSS ROCK LEFT, RECOVER, LEFT SIDE SHUFFLE, CROSS BEHIND, UNWIND ½ TURN, RIGHT SIDE SHUFFLE

1718 Cross left in front of right, recover onto right  
19&20 Step left to left side, step right next to left, step left to left side  
2122 Cross right behind left, unwind full right turn  
23&24 Step right to right side, left beside right, step right to right side

**LEFT SAILOR STEP, RIGHT SAILOR STEP, FORWARD LEFT SHUFFLE, SWEEP ½ TURN LEFT, TOUCH**

25&26 Cross left behind right, step right next to left, step left to left side  
27&28 Cross right behind left, step left next to right, step right slightly forward  
29&30 Step forward left, step right next to left, step forward left  
3132 Sweep right foot ½ turn left, touch right next to left

**FORWARD RIGHT SHUFFLE, ROCK FORWARD LEFT, RECOVER, HITCH ½ TURN, HITCH ½ TURN**

33&34 Step forward right, step left next to right, step forward right  
3536 Rock forward left, recover back onto right  
3738 Hitch left knee ½ turning left, step onto left  
3940 Hitch right knee ½ turning left, step back onto right

**HOOK LEFT FOOT, STEP, FORWARD RIGHT SHUFFLE, FORWARD LEFT SHUFFLE, HITCH RIGHT, ¼ RIGHT TURN**

4142 Hook left foot across front of right knee, step left slightly in front of right  
43&44 Step forward right, step left next to right, step forward right  
45&46 Step forward left, step right next to left, step forward left  
4748 Hitch right knee, ¼ right turn (with knee hitched)

**RIGHT SIDE SHUFFLE, ROCK LEFT AND TOGETHER, ROCK RIGHT AND TOGETHER, FORWARD ROCK, RECOVER**

49&50 Step right to right side, left beside right, step right to right side  
51&52 Rock left to left side, recover onto right, step left next to right  
52&54 Rock right to right side, recover onto left, step right next to left  
5556 Rock forward onto left, recover back onto right

**TRIPLE LEFT FULL TURN, ROCK, RECOVER ¼ TURN, RIGHT SIDE SHUFFLE, CROSS ROCK AND RECOVER**

57&58 ½ left turn stepping onto left, ¼ turn left stepping back onto right, ¼ turn left onto left  
5960 Rock forward onto right, recover back onto left turning ¼ turn right  
61&62 Step right to right side, left beside right, step right to right side  
63-64 Cross left over right, recover back onto right

**LEFT SIDE STEP, DRAG TOUCH, HOLD**

65-66-67 Step left to left side (large step), drag right up to left and touch, hold

**TAG**

**After 1st B**

1-4 Bump hips right, left, right, left

**After 2nd B**

1-6 Bump hips right, left, right, left, right, left

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