

# It's My Life

**COPPERKNOB**  
STEPSHEETS

拍數: 44      牆數: 2      級數: Intermediate  
編舞者: Peter McCreery (UK)  
音樂: It's My Life - Bon Jovi



## CROSS KICKS AND FORWARD WALKS

- 1            Cross right foot over left
- 2            Kick left foot to left side
- 3            Cross left over right
- 4            Kick right foot to right side
- 5-8        Walk forward, right, left, right, left

## 1 ¼ TURN WITH TOE STRUTS

- 9-10       ¼ turn to right with a right toe strut
- 11-12      ½ turn to right with a left toe strut
- 13-14      ½ turn to right with right toe strut
- 15-16      Left toe strut forward

## CROSS ROCK, ¼ TURN SHUFFLE AND WEAWE

- 17-18      Rock step right across left, rock back on left
- 19&20     ¼ turn to right, step right to right side, bring left together and step right to right side
- 21         Cross left over right
- 22         Step right to right side
- 23         Step left behind right
- 24         ¼ turn to right stepping right forward

## ½ TURN, ¼ TURN ROCK AND SAILOR SHUFFLES

- 25-26     Step left foot forward, ½ turn to right
- 27         Step left foot forward
- 28         Rocking back onto right, turn ¼ turn to the right
- 29&30     Sailor shuffle with left foot
- 31-32     Sailor shuffle with right foot

## KICKS WITH TURNS

- 33         Kick left foot forward
- 34         Touch left toe behind
- 35-36     Unwind ½ turn to left
- 37         Kick right foot forward
- 38         Touch right toe behind
- 39-40     Unwind ½ turn to right

## SHOULDER ROLLS

- 41         Step left foot forward
- 42         Step right foot beside left
- 43         Roll right shoulder
- 44         Roll left shoulder

## REPEAT