

# It's My Life

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4  
編舞者: Barry Amato (USA)  
音樂: It's My Life - No Doubt

級數: Intermediate/Advanced



## HIP ROLL/STEP, STEP, HIP ROLL, TOUCH (DIAGONALLY RIGHT), HIP ROLL/STEP, STEP, HIP ROLL, STEP (DIAGONALLY LEFT)

- 1-2      Lift right foot and roll right hip to the right and step down on the right foot (as you do this open your body to face 10:00), step left next to right
- 3-4      Lift right foot and roll right hip to the right and step down on the right foot, touch left foot next to right
- 5-6      Lift left foot and roll left hip to the right and step down on the left foot (as you do this open your body to face 2:00), step right foot next to left
- 7-8      Lift left foot and roll left hip to the right and step down on the left foot, step right foot next to left

## STEP OUT/OUT/IN/CROSS, TWIST 2X ¼ TURN, STEP, STEP, PIVOT, STEP

- &1      Step out with left foot, step out with right foot
- &2      Step in with left foot, step in with right foot crossing it in front of left
- 3&4      Twist on the balls of both feet right-left-center as you are ¼ turn left
- 5-6      Step forward on the left foot, step forward on the right foot
- 7-8      Pivot a ½ turn left with left foot taking weight, step forward on the right foot

## HEEL FORWARD, TOE BACK, ¼ TURN, STEP TOGETHER, STEP, KNEE ROLL IN/OUT WITH A ¼ TURN, STEP FORWARD, PIVOT

- 1-2      Tap left heel forward, leaning back slightly, tap left toe straight back, leaning forward slightly
- 3&4      ¼ turn left and place weight down on left foot, step right foot together with the left, step to the left on the left foot
- 5      Roll right knee in (like a figure 8)

### Do this move more from the hip than from the knee

- 6      Roll knee out as you ¼ turn right and place weight down on right foot
- 7-8      Step forward on the left foot, pivot ½ turn right with right foot taking weight

## PUSH OFF BALL OF LEFT FOOT, RECOVER IN PLACE, ½ TURN/STEP, TOUCH SIDE, TOUCH CENTER, WALK, WALK, STEP PIVOT

- 1&2      Push off the ball of the left foot, recover on the right foot in place, do a ½ turn to the left on the ball of the right and step down on the left foot
- 3-4      Touch right foot to right side, touch right foot next to left foot
- 5-6      Walk forward right-left
- 7-8      Step forward on the right foot, pivot ½ turn left with left foot taking weight

**REPEAT**

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