

# It's My Life

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Earleen Florka  
音樂: It's My Life - No Doubt



## SLIDE LEAN, DRAG, BODY ROLL, WALKS

- 1            Step our right (while slightly leaning to right)
- 2            Drag right toe next to left instep
- 3&4        Body roll (starting with head, rolling down shoulders, hips, knees)
- 5-8        Step forward right, left, right, left (left takes weight)

## KICK RIGHT, STEP, TOUCH HOLD, BUMPS, STEP, TOUCH, SWEEP

- 9            Kick right forward
- &           Step back on right
- 10          Touch left toe forward-hold
- 11&12      Bump left hip forward 2 times (keeping weight on right)
- 13          Step down on left
- 14          Touch right next to left (left takes weight)
- 15-16      ¼ Turn sweep to left with right toe (while pivoting on left foot)

## KICK & STEP, HEEL TAPS, CROSS STEP TOUCH, TURN, HEEL TAPS

- 17           Kick right forward
- &18        Step back right, left (left takes weight)
- &19        Lift both heels up/down (using both knees to pop up/down)
- &20        Repeat &19 (on count 20, left takes weight)
- 21&22      Cross right over left, step back on left, touch right forward
- &23        Lift up/down on both heels while pivoting 1/8 turn to left (using both knees to pop up/down)
- &24        Repeat &23 (left takes weight on count 24)

## CROSS HEEL JACKS RIGHT & LEFT, ¼ TURN LEFT CROSS HEEL JACKS, STEP BACK, HEEL TOUCH, STEP CENTER, TOE TOUCH, KNEE LIFT UP

- &25&26      Cross right over left, step left to left, touch right heel forward
- &27&28      Cross left over right, step right to right, touch left heel forward
- &29&30      ¼ turn left on left, cross right over left, step back on left, touch right heel forward
- &31        Step back on right, touch left toe forward
- &32        Step left to center, hitch right knee next to left

## REPEAT

I dedicate this dance to Kim Bowers

---