

# Fill My Life

**COPPER** KNOB  
BY STEPHENETS

拍數: 32      牆數: 2      級數: Improver  
編舞者: Charlotte Skeeters (USA)  
音樂: Fill My Life - The Limelitters



Dance is designed to cover the floor with big/long/wide movements wherever possible, especially the paddle turns. It is counted in half time. That is, count 1&2,3&4, instead of 1-2-3,4-5-6 and so on  
When using "Fill My Life", start after 32 counts. I can't show you here but I do "signing" for the 32 count intro. You can find it on the back of the signed copy. It has a sign language guide with little pictures of people showing how to sign the words. You can find this one at [www.linedancefun.com](http://www.linedancefun.com), or email me at [char.skeeters@sv.sc.philips.com](mailto:char.skeeters@sv.sc.philips.com) me and I'll send you one

## **RUN-RUN-RUN (1&2), ROCK, ROCK, CROSS, SIDE, CROSS, ¼, FORWARD, ½**

1&2      Shuffle forward right; left; right  
3&4      Left foot rock side left; right foot rock center; left foot cross-step over right  
5&6      Right foot step side right; left foot cross-step behind right; right foot step side right into ¼ turn right  
7-8      Left foot step forward; pivot ½ turn right (weight ends right)

## **FORWARD, LOCK, FORWARD, BIG WIDE PADDLE TURN (FULL TURN) LEFT**

1&2      Left foot step forward; right foot forward lock behind left; left foot step forward

### **Arms out to side as you execute the paddle turn**

&3      Right foot step forward on ball of foot; push off into ½ turn left as you step left foot forward  
&4      Right foot step forward on ball of foot; push off into ½ turn left as you step left foot forward

## **ROCK ¼, RECOVER, SIDE, ROCK ¼, RECOVER, SIDE**

5&6      Right foot cross over left into ¼ turn left; return weight to left foot as you face forward (¼ right); right foot step side right  
7&8      Left foot cross over right into ¼ turn right; return weight to right foot as you face forward (¼ left); left foot step side left

**If you don't execute complete ¼ turns, no big deal!**

**Next 8 counts are exact mirror of above 8**

## **FORWARD, LOCK, FORWARD, BIG WIDE PADDLE TURN (FULL TURN) RIGHT**

1&2      Right foot step forward; left foot forward lock behind right; right foot step forward

### **Arms out to side as you execute the paddle turn**

&3      Left foot step forward on ball of foot; push off into ½ turn right as you step right foot forward  
&4      Left foot step forward on ball of foot; push off into ½ turn right as you step right foot forward

## **ROCK ¼, RECOVER, SIDE, ROCK ¼, RECOVER, SIDE**

5&6      Left foot cross over right into ¼ turn right; return weight to right foot as you face forward (¼ left); left foot step side left  
7&8      Right foot cross over left into ¼ turn left; return weight to left foot as you face forward (¼ right); right foot step side right

## **FORWARD, BACK, ANGLE/Drag, ANGLE, CROSS, ANGLE/Drag**

1&2      Left foot step forward; right foot step back; left foot angle back diagonally to the left (big step) and drag right foot next to left (keep weight left)  
3&4      Right foot angle back diagonally right; left foot cross over right (still going back), right foot step back diagonally right (big step) and drag left foot next to right

## **BACK, FORWARD, ¼ TURN, BIG WIDE PADDLE TURN (FULL TURN) RIGHT**

5&6      Left foot step back; right foot step forward; left foot step forward into ¼ turn left

### **Arms out to side as you execute the paddle turn**

- &7 Right foot step forward on ball of foot; push off into ½ turn left as you step forward onto left foot
- &8 Right foot step forward on ball of foot; push off into ½ turn left as you step forward onto left foot

**REPEAT**

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