

# Best Years Of Our Lives

**COPPER** KNOB  
BY STEPHEN T. C.

拍數: 32      牆數: 4      級數: Improver  
編舞者: Sophie Turner (UK)  
音樂: Best Years of Our Lives - Baha Men



---

## ROCKING CHAIR, TOUCH AND TURN, RIGHT SHUFFLE FORWARD

1-2      Rock forward on right, rock back on left  
3-4      Rock back on right, rock forward on left  
5-6      Touch right forward, pivot ½ turn  
7&8      Right shuffle forward, right left right shuffle

## ROCKING CHAIR, TOUCH AND TURN, LEFT SHUFFLE FORWARD

9-10      Rock forward on left, rock back on right  
11-12      Rock back on left, rock forward on right  
13-14      Touch left forward, pivot ½ turn  
15&16      Left shuffle forward, left right left

## ROCK AND CROSS, ROCK AND CROSS, SIDE, BEHIND, ¼ TURN AND SHUFFLE

17&18      Rock to side on right, recover on left, cross right over left  
19&20      Rock to side on left, recover on right, cross left over right  
21-22      Step to side on right, step behind on left  
23&24      ¼ turn to right, right shuffle forward, right left right

## ROCK, ROCK, WALK, WALK, TOUCH, KICK, TRIPLE STEP

25-26      Rock forward on left, rock back on right  
27-28      Walk back left, walk back right  
29-30      Touch left toe across right foot, kick left foot forward  
31&32      Triple step left right left

**REPEAT**

---