

# All My Life

**COPPERKNOB**  
STEPSHEETS

拍數: 0                      牆數: 4                      級數: Improver  
編舞者: Cynthia Skublak  
音樂: All My Life - Mustafa Sandal



Sequence: B A A B A A B A A B A

## PART B

### PADDLE FULL TURN RIGHT, MAMBO STEP LEFT RIGHT

1&2&3&4      Step right with  $\frac{1}{4}$  turn right, step left ball beside right x 4  
5&6              Step left forward, step right in place, step left beside right  
7&8              Step right back, step left in place, step right beside left

### PADDLE FULL TURN LEFT, MAMBO STEP RIGHT LEFT

9-16              Same steps as 1-8 but opposite direction

### OPTIONAL HAND AND SHOULDER MOVEMENT:

1-4              Both hand to the left shoulder high, palm facing out, bend body a little to the right, shrug both shoulder up down each time you turn  
9-12              Same steps as 1-4 but opposite direction, (or do whatever you like, just have fun with it)

## PART A

### ROCK RECOVER, CROSS SHUFFLE, SIDE SHUFFLE, BEHIND SIDE CROSS

1-2              Rock right to right, recover onto left  
3&4              Cross step right over left, step left to left, cross right over left  
5&6              Step left to left, step right beside left, step left to left  
7&8              Step right behind left, step left to left, cross right over left

### ROCK $\frac{1}{4}$ TURN, SHUFFLE FORWARD LEFT RIGHT, TRIPLE FULL TURN

1-2              Rock left to left, recover  $\frac{1}{4}$  turn right  
3&4              Step left forward, step right behind left, step left forward  
5&6              Step right forward, step left behind right, step right forward  
7&8              Triple full turn right - left right left

### TWINKLE STEP RIGHT LEFT, SAILOR STEP RIGHT LEFT

1&2              Cross right over left, step left behind right, step right beside left  
3&4              Cross left over right, step right behind left, step left beside right  
5&6              Cross right behind left, step left to left, step right to right  
7&8              Cross left behind right, step right to right, step left to left

### CROSS $\frac{1}{4}$ TURN STEP, MAMBO TOUCH, CROSS TOUCH RIGHT LEFT, CROSS $\frac{1}{4}$ TURN, HOLD

1&2&              Cross right over left, step back on left,  $\frac{1}{4}$  right step right forward, step left beside right  
3&4              Rock right to right, recover onto left, touch right beside left  
5&6&              Cross touch right toe over left, recover right beside left, cross touch left toe over right, recover left beside right  
7&8              Cross right over left, turn  $\frac{1}{4}$  right stepping left back, hold, (weight on left)