

# It's Beautiful Life

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Cathryn Proudfoot (AUS) - May 2006  
音樂: Awful Beautiful Life - Darryl Worley : (Album: Darryl Worley)



## **1&2&3,4      FORWARD & SIDE & CROSS, SIDE:**

Rock R fwd, replace weight on L, rock R to side, replace weight on L,  
Step R across in front of L, step L to side

## **5&6,7,8      R SAILOR STEP, TUCK UNWIND 3/4 L:**

Step R behind L, step L to side, step R to side,  
Tuck L toe behind R heel, unwind 3/4 L transferring weight to L

## **1,2&3,4      SIDE, BEHIND & CROSS, SIDE:**

Step R to side, step L behind R, step R to side, step L across in front of R, step R to side

## **5,6,7&8      3/4 TURN BACK R, SHUFFLE FWD L:**

Turn 1/4 back R rocking back on L, turn 1/2 R stepping R fwd, shuffle fwd L, R, L

## **&1&2&3,4 &      FORWARD & SIDE & CROSS, SIDE:**

Step R together with L, rock L fwd, replace weight on R, rock L to side,  
replace weight on R, Step L across in front of R, step R to side

## **5&6,7,8      L SAILOR STEP, TUCK UNWIND 3/4 R:**

Step L behind R, step R to side, step L to side,  
Tuck R toe behind L heel, unwind 3/4 R transferring weight to R

## **1,2&3,4      SIDE, BEHIND & CROSS, SIDE:**

Step L to side, step R behind L, step L to side, step R across in front of L, step L to side

## **&5,6&7,8      TOGETHER, ROCK FWD, BACK, TOGETHER, STEP 1/2 PIVOT L:**

Step R together with L, rock L fwd, replace weight on R, step L together with R  
Step R fwd, pivot turn 1/2 L keeping weight back on R

## **1&2,3&4      L COASTER STEP, STEP FWD, FULL TURN R FWD:**

Step L back, step R back together with L, step L fwd,  
Step R fwd, turn 1/2 R stepping L back, turn 1/2 R stepping R fwd  
(OPTION: shuffle fwd R, L, R)

## **5,6&7,8      SIDE, ROCK 1/4 L, 1/2 L, STEP FWD, KICK:**

Rock step L to side, replace weight on R turning back 1/4 L, turn 1/2 L stepping L fwd  
Step R fwd, kick L fwd (low kick) clicking fingers of both hands at hip height

## **1&2&3,4      L COASTER SIDE, SIDE, ROCK, BEHIND:**

Step L back, step R back together with L, step L fwd,  
Rock step R to side, replace weight on L, step R behind L (samba step moving back)

## **5,6&7,8      ROCK BACK, REPLACE & STEP 1/2 PIVOT L:**

Rock back L, replace weight on R, step L together with R,  
Step R fwd, pivot turn 1/2 L transferring weight fwd to L

**1,2&3,4& R DOROTHY STEP, L DOROTHY STEP:**

Step R fwd to 45 degrees R, lock step L behind R, step R to side

Step L fwd to 45 degrees L, lock step R behind L, step L to side

**5,6&7,8 R DOROTHY STEP, SIDE-ROCK REPLACE:**

Step R fwd to 45 degrees R, lock step L behind R, step R to side

Rock L to side, replace weight on R

**1,2&3,4 ROCK FWD, REPLACE, 1/2 L, WALK, WALK:**

Rock L fwd, replace weight back on R, turn back 1/2 L stepping L fwd

Walk fwd R, walk fwd L

**&5,6,7&8 OUT, OUT, TOUCH, R KICK-BALL STEP:**

Step R out to side, step L out to side, touch R besides L

Kick R fwd, step R together with L, step L fwd

**END OF DANCE**

**TAGS AS FOLLOWS:**

**1: At the end of WALL 1, add the following 4 counts:**

**1,2,3,4 R ROCKING CHAIR:**

Rock R fwd, replace weight back on L, rock R back, replace weight fwd on L

**2: At the end of WALL 3, add the following 6 counts:**

**1,2,3,4 R R ROCKING CHAIR:**

Rock R fwd, replace weight back on L, rock R back, replace weight fwd on L

**5&6 R R KICK-BALL STEP:**

Kick R fwd, step R together with L, step L fwd

**3: At the end of WALL 4 add the following 4 counts:**

**1,2,3,4 R STEP 1/2 PIVOT TURN L, STEP 1/2 PIVOT TURN L:**

Step R fwd, pivot turn 1/2 L transferring weight fwd to L

Step R fwd, pivot turn 1/2 L transferring weight fwd to L

**The music then slows right down? Add the following ~ 16 counts slowly in time with the music:**

**1,2,3,4 R SIDE, ROCK-REPLACE, CROSS UNWIND FULL TURN L:**

Rock step R to side, replace weight to L

Cross R in front of L, unwind full turn L transferring weight to R

**5,6,7,8 R SIDE, ROCK-REPLACE, TOGETHER, SIDE:**

Rock step L to side, replace weight on R

Step L together with R, step R to side

**1,2,3,4 R 1/4 L, STEP 1/2 PIVOT TURN L, 1/4 L TO SIDE:**

Turn 1/4 L to step L fwd, step R fwd, pivot turn 1/2 L transferring weight to L

Turn 1/4 L stepping R to side (BIG STEP)

**5,6,7,8 R DRAG SLOWLY TOGETHER, TAKE WEIGHT ON L:**

Drag L toe slowly together with R taking weight on L on count 8

(you'll hear a down beat with a guitar chord?)

**The music then picks back up to original pace straight away? Restart dance at this point and dance through to the end of the song.**

**The dance will finish at count 40 (kick with finger clicks) facing the front.**

HAVE FUN? & KEEP SMILING? Cathryn : )

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