

# All My Life

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Wrangler (Rozanne) Wild (AUS) - September 2007  
音樂: Girl Like You - Constantine Maroulis : (Album: Constantine)



Start after 16 count lead.

SEQUENCE: 64 – 48 – 64 – 64 – 32 – 64

1-8            FWD, HITCH, TOUCH SIDE ,HITCH, CROSS, SIDE, TOG, SIDE ROCK, REPLACE, TOG  
1,2,3&4        Step L forward, hitch R beside L, touch R toe to R side, hitch R, step R over L  
5,6            Step L to side pushing hips to R (cuban style), step R beside L  
7&8            Rock L to side, replace weight R, step L beside R

9-16           FWD, HITCH, TOUCH SIDE, HITCH, CROSS, MONTEREY, SIDE ROCK, REPLACE, TOG  
1,2,3&4        Step R forward, hitch L beside R, touch L toe to L side, hitch L, step L over R  
5,6            Point R to side, drag in beside L turning ½ right (Monterey). (6:00)  
7&8            Rock L to side, replace weight R, step L beside R.

17-24          SIDE ROCK, REPLACE, STEP FWD ACROSS, SIDE ROCK, REPLACE, FWD, TOG, HEEL  
DROPS X 2  
1,2,3&4        Rock R to side, replace weight L. Step R forward across L, rock L to side, replace weight R  
5,6            Step L forward, step R beside L  
&7&8          Turning to R diagonal rise up on balls feet bending knees. Drop heels. Turning to L diagonal  
rise up on balls feet bending knees. Drop heels. (Twist upper body in opposite direction to  
knees)

(Easier option counts “ &7&8 “ – bend knees, raise and lower heels twice.)

25-32          ROCK BACK, FWD, STEP FWD, FWD, ¼ PIVOT, ¼ TWIST, ½ TWIST, HOLD, BALL STEP  
1,2,3&4        Rock back on R, rock forward on L. Step R forward, step L forward, pivot ¼ right (9:00)  
5,6,7&8        Twist ¼ left, twist ½ right. Hold. Step L beside R, small step R forward (12:00)

(For more of a challenge substitute a full turn right on counts “ &8 “)

**\*33-40 STEP ACROSS, ¼ TURN BACK, SIDE, STEP ACROSS, ¼ TURN BACK, ¼ SIDE, SIDE, TOUCH**  
1,2,3,4        Cross L over R, turning ¼ left step R back (9.00), step L to side, step R over L  
5,6,            Turning ¼ right step L back (12.00), turning ¼ right step R to side (3.00)  
7,8            Step L to side, touch R beside L

41-48          STEP SIDE, ACROSS, ¼ TURN BACK, SIDE, TOUCH ACROSS, ½ TURN, TOUCH  
ACROSS, ½ TURN  
1,2,3,4        Step R to side, cross step L over R, turning ¼ left step R back, step L to side (12.00)  
5,6,7,8        Touch R over L, unwind ½ left (end wt R.) #Touch L over R, unwind ½ right (end wt L). RS on  
2

49-56          STEP BEHIND, SIDE, ACROSS, TAP BEHIND, STEP SIDE, HIP SWAYS, ½ TURN, HIP  
SWAYS  
1,2,3,4        Step R behind L, step L to side, step R over L, tap L toe behind R  
5,6,7,8        Step to side swaying hips L, R, turn ½ left on ball of R and sway hips L, R (6:00)

57-64          STEP ACROSS, SIDE, TOUCH BACK, ½ TURN, ROCK BACK, FWD, STEP FWD, ½ TURN,  
TOG

1,2,3,4      Step L over R, step R to side, touch L back, turn ½ left keeping weight back on R (12:00)  
5,6,7      Rock step L back, replace weight forward on R, step L forward turning ½ right on ball of L  
8      Step R beside L (6.00)

**Repeat sequence until music ends**

**Wall 2: Restart after 48 cts. Replace counts 47-48 with the following: # Touch L to side, touch L beside R .  
Restart from count 1 facing front**

**Wall 5: \*Start on Count 33 facing front. Delete counts 1-32.**

---