

# This Is The Life

**COPPER** **KNOB**  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Jehaes Linda & Dupont Robby - August 2008  
音樂: This Is the Life - Amy Macdonald : (CD: This Is The Life)



## Heel Touch, 1/4 Turn Right Sailor Step, Walk Fwd, Rock & 1/2 Turn Left

1 Tap right heel forward  
2 Tap right heel forward  
3 1/4 turn right, cross right behind left  
& Step left to left side  
4 Step right to right side  
5 Step forward on left  
6 Step forward on right  
7 Rock forward on left  
& Recover onto right  
8 1/2 turn left, step forward on left

## Lock Shuffle R & L, Mambo Back, Coaster Step

1 Step forward on right  
& Lock left behind right  
2 Step forward on right  
3 Step forward on left  
& Lock right behind left  
4 Step forward on left  
5 Rock forward on right  
& Recover onto left  
6 Step back on right  
7 Step back on left  
& Step right next to left  
8 Step forward on left

## Scissor Step 2x, Vine Right, Heel Ball Cross

1 Step right to right side  
& Step left next to right  
2 Cross right over left  
3 Step left to left side  
& Step right next to left  
4 Cross left over right  
5 Step right to right side  
6 Cross left behind right  
& Step right to right side  
7 Tap left heel on left diagonal  
& Step left next to right  
8 Cross right over left

## Left Side Chasse, Cross Rock 1/4 Turn Right, 1/2 Pivot Turn Right, Step, 1/2 Pivot Turn Left

1 Step left to left side  
& Step right next to left  
2 Step left to left side  
3 Rock right over left  
& Recover onto left

- 4            ¼ turn right, step forward on right
- 5            Step forward on left
- &            Make ½ pivot right
- 6            Step forward on left
- 7            Step forward on right
- 8            Make ½ pivot left

**Shuffle Right & Left, Side, Behind, Side Rock & Cross**

- 1            Step forward on right
- &            Step left next to right
- 2            Step forward on right
- 3            Step forward on left
- &            Step left next to right
- 4            Step forward on left
- 5            Step right to right side
- 6            Step left behind right
- 7            Rock right to right side
- &            Recover onto left
- 8            Cross right over left

**Side, Behind, Rock & Cross, Side, Behind, ¼ T Urn Shuffle Right**

- 1            Step left to left side
- 2            Step right behind left
- 3            Rock left to left side
- &            Recover onto right
- 4            Cross left over right
- 5            Step right to right side
- 6            Step left behind right
- 7            Step right ¼ turn right
- &            Step left next to right
- 8            Step forward on right

**½ Pivot Turn Right, Shuffle Left, Full Turn Left, Mambo Touch**

- 1            Step forward on left
- 2            Make ½ pivot turn right
- 3            Step forward on left
- &            Step right next to left
- 4            Step forward on left
- 5            ½ turn left, step back on right
- 6            ½ turn left, step forward on left
- 7            Rock forward on right
- &            Recover onto left
- 8            Touch right beside left

**Part Rumba Box, Cross Rock & ¼ Turn Left, Lockshuffle Right, Triple Full Turn Right**

- 1            Step right to right side
- &            Step left next to right
- 2            Step forward on right
- 3            Rock left cross over right
- &            Recover onto right
- 4            ¼ turn left, step forward on left
- 5            Step forward on right
- &            Left lock behind right
- 6            Step forward on right

- 7                    ¼ turn right, step left to left side  
&                    ½ turn right, step back on right  
8                    ¼ turn right, step forward on left

**RESTARTS:**

**in 2nd wall AFTER count 16**

**in 4th wall AFTER count 32**

**TAG: 5th wall AFTER count 62, dance next tag**

**Touch Left, Monterey Turn ½ Right**

- 1                    Point left to left side  
2                    Step next beside right  
3                    Point right to right side  
4                    Make ½ turn right stepping right beside left  
5                    Point left to left side  
6                    Step left next to right

**ENDING: After 5th wall and Tag, restart and make a ½ pivot turn left ( Step forward on right, pivot ½ left ) to end at 12:00**

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