

# Life Can Change

**COPPER KNOB**  
BY STEPSHEETS

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Alan Haywood (UK) - July 2009  
音樂: No Worries - Simon Webbe : (Album: Sanctuary)



Intro: 21 seconds – straight after rapid drum beat when he sings the word 'So'

## Alternative tracks:

I'm From The Country (dance mix) by Tracy Bird – 129bpm

Party Crowd by David Lee Murphy – 127bpm

Wine Women and Song by Patty Loveless – 126bpm

## Section 1

**R side, L behind & L cross shuffle, R side rock, recover L, R behind, L ¼ L, R forward**

- 1-2            Step right to right side, cross step left behind right  
&3&4        Step right to right side, cross step left over right, step right to right side, cross step left over right  
5-6            Rock right to right side, recover weight onto left  
7&8            Cross step right behind left, step left ¼ left, step forward onto right (9 o'clock)

## Section 2

**Rock forward L, recover R, triple ¾ L, R forward, ½ R, R coaster**

- 1-2            Rock forward onto left, recover weight back onto right,  
3&4            Triple ¾ left on the spot stepping left right left (12 o'clock)  
5-6            Step forward onto right (prep for turn), make a ½ turn right stepping left back (6 o'clock)  
7&8            Step back onto right, step left next to right, step right forward

## Section 3

**L over, R side, L behind & L heel dig & R over, L side, ¼ R coaster**

- 1-2            Cross step left over right, step right to right side  
3&4            Cross step left behind right, step right to right side, dig left heel diagonally left forward  
&5-6        Step left next to right, cross step right over left, step left to left side  
7&8            Making a ¼ turn right step right back, step left next to right, step right forward (9 o'clock)

## Section 4

**Rock forward L, recover R, triple ½ L, R forward, ½ L, walk forward R L**

- 1-2            Rock forward onto left, recover weight back onto right  
3&4            Triple ½ turn left stepping left right left (3 o'clock)  
5-6            Step forward onto right, pivot ½ turn left (9 o'clock)  
7-8            Walk forward right, walk forward left

**REPEAT AND ENJOY!!**

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