

# This Is The Life

**COPPER KNOB**  
STEPSHEETS

Count: 64

Wand: 4

Ebene: Intermediate 2S

Choreograf/in: Kaie Seger (EST) - November 2008

Musik: This Is the Life - Amy Macdonald



## GRAPEVINE RIGHT, ¼ TURN WITH BRUSH, GRAPEVINE LEFT WITH BRUSH

- 1-4 step R to right side, step L behind R, step R to right side, brush L slightly forward with ¼ turn right (3:00)
- 5-8 step L to left side, step R behind L, step L to left side, brush (or scuff) R forward

## ROCKING CHAIR, ½ TURN LEFT, ROCK BACK L

- 9-12 rock R forward, recover, rock R back, recover
- 13 step R forward
- 14-15 ½ turn left (weight on R) (9:00)
- 16 rock L back

## RECOVER R, BRUSH-STEP-LOCK-STEP L DIAGONALLY FORWARD, BRUSH-STEP-LOCK-STEP R DIAGONALLY FORWARD, MODIFIED JAZZ-BOX

- 17 recover (weight on R)
- 18-21 brush L slightly forward, step L diagonally forward (7:30), lock R behind L, step L diagonally forward (7:30)
- 22-25 brush R slightly forward, step R diagonally forward (10:30), lock L behind R, step R diagonally forward (10:30)
- 26 brush L slightly forward
- 27-28 touch L toe across R, drop L heel down (with weight)
- 29-30 touch R toe back, drop R heel down (with weight)
- 31-32 step L to left side, step R next to L (9:00)

## STEP LEFT SIDE WITH LEFT SWAY, RIGHT SWAY, ROCK L BEHIND R, RECOVER, LONG STEP TO LEFT, SLIDE R TOWARDS L, ROCK R BEHIND L, RECOVER, STEP R FORWARD WITH ¼ TURN RIGHT, STEP L FORWARD, ½ TURN RIGHT

- 33-34 step L to left side with sway to left,
- 35-36 recover weight to R with sway to right
- 37-38 rock L behind R, recover weight onto R
- 39-40 L long step to left side, slide R towards L
- 41-42 rock R behind L, recover weight onto L
- 43-44 step R forward with ¼ turn right, hold (12:00)
- 45-48 step L forward, hold, ½ turn right (weight on L), hold (6:00)

## R COASTER STEP BACK, L STEP-LOCK-STEP, STEP R FORWARD, ½ TURN LEFT, STEP R FORWARD, STEP L FORWARD, ¾ TURN RIGHT

- 49-52 step R back, step L next to R, step R forward, hold
- 53-56 step L forward, lock R behind L, step L forward, hold
- 57-60 step R forward, turn ½ left with weight on L, step R forward, hold (12:00)
- 61-62 step L forward, hold
- 63-64 turn ¾ right keeping weight on L, hold (9:00)

## START AGAIN!

**TAG: 32 count Tag at the end of wall 2 (facing the back wall).**

## ROCKING CHAIR, TOUCH BACK, ½ UNWIND TURN RIGHT, STEP-LOCK-STEP, STEP FORWARD, ½ TURN LEFT, STEP FORWARD

- 1-4 rock R back, recover, rock R forward, recover

5-8 touch R back, ½ unwind turn right (weight on R) (12:00)  
9-12 step L forward, lock R behind L, step L forward, hold  
13-16 step R forward, turn ½ left with weight on L, step R forward, hold (6:00)

**ROCKING CHAIR, WALK, WALK, MODIFIED JAZZ-BOX**

17-20 rock L forward, recover, rock L back, recover  
21-24 step L forward, hold, step R forward, hold  
25-28 touch L toe across R, drop L heel down (with weight), touch R toe back, drop R heel down (with weight)  
29-32 step L to left side, step R next to L, step L to left side

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