

# All My Life

**COPPER KNOB**  
STEPPERS

Count: 32

Wall: 4

Level: Improver

Choreographer: Leif Wittorff (DK) - July 2017

Music: All My Life - Sam Outlaw



Intro: 33 count (start on "So I...")

No Restart, No Tags ! (Variable music speed)

## Chassé R, Back rock, Chassé L, back rock

- 1 & 2 Step Right to Right side, step Left beside Right, step Right to Right side
- 3 – 4 Step back on Left, recover on Right
- 5 & 6 Step Left to Left side, step Right beside Left, step Left to Left side
- 7 – 8 Step back on Right, recover on Left

## Heel Grind ¼ Right, Right Coaster step, Heel Grind ¼ Left, Coaster step

- 1 – 2 Step Right heel fwd. and Grind turning ¼ Right, Step down & slightly back on Left (3:00)
- 3 & 4 Step Right back, step Left next to Right, Step Right fwd.
- 5 – 6 Step Left heel fwd. and Grind turning ¼ Left, Step down & slightly back on right (12:00)
- 7 & 8 Step Left back, step Right next to Left, Step Left fwd.

## ½ Turn shuffle Left, Back rock, Kickball step, Walk L, R

- 1 & 2 Step Right fwd. turning ¼ Left, step Left beside Right, step Right back. turning ¼ Left (6:00)
- 3 – 4 Step back on Left, recover on Right.
- 5 & 6 Kick Left fwd., Step Left next to Right, Step fwd. on Right
- 7 – 8 Walk. Left, Right

## Rhumba Left, Rhumba Right, ½ Turn shuffle Left, Heel Grind ¼ Right

- 1 & 2 Step Left to Left, Step Right beside Left, Step Left Fwd. (6:00)

## Ending: Replace Back Rock with Unvine on the left (12:00)

- 3 & 4 Step Right to Right, Step Left beside Left, Step Right back

## Wall 3: Lower music level (12:00) - Wall 6: Back to start music speed (6:00)

- 5 & 6 Step Right fwd. turning ¼ Left, step Left beside Right, step Right back turning ¼ Left (12:00)
- 7 – 8 Step Right heel fwd. and Grind turning ¼ Right (3:00)

Enjoy !

Contact: wilwijo@gmail.com