

# Life Begins At 40!

**COPPER** KNOB  
STEPSHEETS

**Count:** 32

**Wall:** 4

**Level:** Intermediate/Advanced

**Choreographer:** Eileen Frater (UK) & Emma Frater (UK)

**Music:** Healing Hands - Elton John



---

## POINT, POINT & SWITCH, SAILOR STEP, STAB TURNS, LOCK SHUFFLE

- 1-2&3 Point right toe forward, point right toe to right side, bring right foot beside left and switch left toe point to left side
- 4&5 Left sailor step
- &6&7 Hitch right turning ¼ turn left point right out to side, repeat
- 8&1 Right lock shuffle forward traveling to left diagonal

## POINT, FLICK, CROSS BACK, BACK, COASTER STEP, STEP TO SIDE

- 2-3 Touch left toe to left side, flick (low kick) left foot to left diagonal
- 4&5 Cross left over right, step right back, step left back (traveling back)
- 6&7 Right coaster step
- 8 Step left to left side

## CLAPS, ROCK, SWIVEL, SWIVEL, CROSS SHUFFLE, RONDE ¼ TURN RIGHT

- &1 Clap hands twice
- 2-3 Cross rock right foot over left, rock back on left
- 4-5 Step right foot to right side swiveling (skate) to right diagonal, step left to left side swiveling (skate) to left diagonal
- 6&7 Right cross shuffle over left (traveling left)
- 8-1 Ronde left foot sweeping ¼ turn to right, touching left beside right

## & ROCK, KICK CROSS POINT, HEEL BALL CROSS, ROCK TO SIDE, RECOVER SLIDE

- &2 Rock (small step to left side) left foot to left and recover weight onto right foot
- 3&4 Kick left foot forward, cross left over right and point right to right side
- 5&6 Right heel forward, bring right beside left and cross left foot over right
- 7-8 Rock (lunge) right foot to right side and rock back onto left sliding right beside left

## REPEAT

---