

# Life Is a Dance Floor

**COPPER KNOB**  
STEPSHEETS

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Michelle Wright (USA) - November 2021

**Music:** Life Is A Dancefloor (feat. Kimberly Davis) - The Shapeshifters



## **NO TAGS OR RESTARTS**

**Dance starts approx 64 counts into song. Starts on lyrics (31s in)**

### **Section 1: R&L cross points, Walk back RLR, Step L Together**

1,2 Step R forward, Point L toe to L side

3,4 Step Forward, Point R toe to R side

5,6 Step back R, Step back L

7,8 Step back R, Step L next to R

**( weight on L foot. For new dancers lifting the R foot when stepping L next to R is helpful)**

### **Section 2: V step w/ hip pushes(optional), Double Bump hips R and L**

1,2 Step R out to R diagonal as you push your hip over R Step L out to L diagonal as you push your hip over L

3,4 Step R back, step L next to L

5,6 Bump hip R x2

7,8 Bump hip L x2

### **Section 3: R&L Rolling Grapevine w/clap (Grapevines for easy option)**

1,2 ¼ turn R stepping R forward, ½ turn R stepping back L

3,4 ¼ turn R stepping R to R side, Touch L next to R and clap

5,6 ¼ turn L stepping L forward, ½ turn L stepping back R

7,8 ¼ turn L stepping L to L side, Touch R next to L and clap

### **Section 4: ⅛ pivot x2 with hip rolls(optional), Jazz box w/ optional shoulder shimmies**

1,2 Step R forward, ⅛ turn L rolling hips around from L to R weight on L

3,4 Step R forward, ⅛ turn rolling hips around from L to R weight on L

5,6 Cross R over L, Step L back

7,8 Step R to R side, Step L forward

**End of dance! Feel free to add as much extra to it as you want!**

**Any questions email: [Michellelinedance@gmail.com](mailto:Michellelinedance@gmail.com)**