

This Is The Life

COPPER KNOB
STEPSHEETS

Count: 16

Wall: 4

Level: Beginner

Choreographer: Hiroko Carlsson (AUS) - March 2024

Music: This Is The Life - LIZOT & KYANU



Intro: 8 counts)

[S1] Cross Rock, Side, Cross Rock, Side, Behind Rock, Side, Behind Rock, Side

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|-----|--|
| 1&2 | Rock/cross R over L, Replace weight on L, Step R to the side |
| 3&4 | Rock/cross L over R, Replace weight on R, Step L to the side |
| 5&6 | Rock/cross R behind L, Replace weight on L, Step R to the side |
| 7&8 | Rock/cross L behind R, Replace weight on R, Step L to the side |

[S2] Coaster Step, Step-Pivot 1/4R-Cross, Side Rock-Cross-Side-Behind Rock-Scissor- (Cross to start)

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|------|---|
| 1&2 | Step back on R, Step L beside R, Step forward on R |
| 3&4 | Step forward on L, Make a ¼ turn right recover weight on R (3:00), Cross L over R |
| 5&6& | Rock R to the side, Replace weight on L, Cross R over L, Step L to the side |
| 7&8& | Rock/cross R behind L, Replace weight on L, Step R to the side, Step L next to R |

hirokoclinedancing@gmail.com
