

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

- 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)

- 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

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