

180 Lifestyle

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Lidia Landon Michael (USA) - April 2025

Music: 180 (Lifestyle) - Morgan Wallen



Intro: 16 counts

SECTION 1: R & L SIDE MAMBO, HEEL TOUCH R & L, ROCK FWD, RECOVER

- 1&2 R rock side, L recover, step R next to L
- 3&4 L rock side, R recover, step L next to R
- 5&6& R heel touch front, step R next to L , L heel touch front, step L next to R
- 7-8 R rock forward, L recover (hips also forward and back)

SECTION 2: SHUFFLE BACK, COASTER STEP, SHUFFLE FRONT, FRONT HIP BUMP STEP

- 1&2 R step back, L step together, R step back
- 3&4 L step back, R step next to L, L step forward
- 5&6 R step forward, L step together, R step forward
- 7-8 L hip bump front, L step next to R

SECTION 3: SWAY HIPS R&L, GRAPEVINE-WITH HITCH} REPEAT ALL TO THE LEFT

- 1-2 R step side with R hips sway, L hip sway
- 3&4& R step side, L step behind R, R step side, L hitch
- 5-6 L step side with L hips sway, R hip sway
- 7&8& L step side, R step behind L, L step side, R hitch

SECTION 4: R&L TOE STRUT, TURNING K STEP, WALK FWD R, WALK FORWARD R & L

- 1&2& R toe touch front, R heel drop, L toe touch front , L heel drop
- 3&4& R step to R front diag, L touch next to R , L step to L back diag, R touch next to L ,
- 5&6& R step side, L touch next to R, L step side, R touch next to L
- 7-8 R walk forward, L walk forward (gals can do "prissy walks")

RESTART 1: WALL 4 (FACING 9:00) AFTER SECTION 1 (8 COUNTS)

RESTART 2: Wall 7 (FACING 3:00) AFTER SECTIONS 1-3 (24 COUNTS)

ENDING: Wall 9 (facing 6:00) AFTER SECTIONS 1&2 (16 COUNTS) POSE LEGS APART, HANDS ON HIPS, LOOK OVER L SHOULDER

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