

This Is Nightlife

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Debbie Rushton (UK) - June 2025

Music: This Is Nightlife - Yes Yes & Iwara



Count in: After 32 counts

Tag: At the end of wall 1 and wall 4

WALK WALK R LOCK STEP, ROCK RECOVER, BEHIND SIDE CROSS

- 1 2 Walk forward R, L
- 3&4 Step R forward, Lock L behind R, Step R forward
- 5 6 Rock forward on L, Recover back onto R sweeping L around
- 7&8 Cross L behind R, Step R to R side, Cross L over R

SIDE DRAG, BALL CROSS TURN SIDE HOLD & ROCK ROCK

- 1 2 Step R big step to R side, Drag L towards R
- &3 4 Step L beside R, Cross R over L, Make ¼ turn R stepping L back (3 oclock)
- 5 6 Make ¼ turn R stepping R to R side, Hold count 6 (6 oclock)
- &7 8 Step L beside R, Step R out to R side pushing R hip out, Step L out to L side L pushing L hip out

ROCK FLICK, CROSS SHUFFLE, ROCK ¼ TURN, SHUFFLE ½ TURN

- 1 2 Rock R out to R side, Recover onto L angling body to L diagonal and flick R leg up behind
- 3&4 Cross R over L, Step L to L side, Cross R over L
- 5 6 Rock L out to L side, Recover onto R making ¼ turn R (9 oclock)
- 7&8 Make ¼ turn R stepping L to L side, Step R beside L, Make ¼ turn R stepping L back (3oclock)

BACK ROCK, CROSS ROCK RECOVER, CROSS ROCK RECOVER, STEP ½ TURN

- 1 2 Rock back on R, Recover forward onto L
- 3&4 Cross R over L, Rock L out to L side, Recover onto R
- 5&6 Cross L over R, Rock R out to R side, Recover onto L
- 7 8 Step R forward, Pivot ½ turn L taking weight onto L (9 oclock)

TAG – 32 counts (NC2 rhythm)

End of wall 1 facing 9 oclock

End of wall 4 facing 12 oclock

STEP SWEEP CROSS ¼ TURN, SIDE DIP, CROSS ROCK

- 1 2 Step R forward, Sweep L around from back to front
- 3 4 Cross L over R, Make ¼ turn L stepping R back
- 5 6 Step L to L side dipping body as you drag R towards L on 6
- 7 8 Cross rock R over L, Recover back onto L

SIDE ROCK, BACK ROCK, ¼ TURN ½ TURN STEP ½ TURN

- 1 2 Rock R out to R side, Recover onto L
- 3 4 Rock back on R, Recover onto L
- 5 6 Make ¼ turn L stepping back on R, Make ½ turn L stepping L forward
- 7 8 Step R forward, Pivot ½ turn L taking weight onto L

REPEAT THE ABOVE 16 COUNTS TO COMPLETE THE TAG