

# Living and Loving

**COPPER** KNOB  
STEPSHEETS

Count: 40

Wall: 4

Level: Beginner

Choreographer: Joel Hoffman (USA) - July 2025

Music: Eyes Wide Shut - Alfie Templeman



**#16-count intro - start on lyrics; No tags, no restarts**

**[1-8] Walk R-L, Rt Kick-Ball-Change, Diag Rt Step, Lt Tap, Diag Lt Step, Rt Tap with Two Claps**

- 1,2,3&4 Step Right forward (1), Left forward (2), Kick R forward (3), Step R next to L (&), Step L next to R (4) (12:00)
- 5,6,7&8 Step Rt Forward on the Diagonal towards 1:30 (5), Tap Lt toe next to Rt (6), Step Lt Forward on the Diagonal towards 10:30 (7), Clap (&), Tap Rt toe next to Lt w/ Clap (8) (12:00)

**[9-16] Rt Rock-Recover, Shuffle Back R-L-R, Step Back Lt-Rt, Lt Heel front, Lt heel to Rt Knee, Lt Heel front**

- 1-2 Rock Rt forward (1), Recover weight to Lt (2)
- 3&4 Step Rt back (3), Step Lt next to Rt (&), step Rt back (4)
- 5-6 Step Lt back (5), Step Rt next to Lt (6)
- 7&8 Touch Lt heel front (7), Bring Lt heel up to Rt knee (&), Touch Lt heel front (8)(12:00)

**[17-24] ¼ Left heel grind, Step Back Right, Step back Left, Coaster R-L-R, Walk Lt-Rt, Step Lt next to Rt, Knee Pop**

- 1-2 ¼ turn Lt heel grind (9:00) then stepping Rt slightly back (1), Step back Lt (2) (9:00)
- 3&4 Step Rt back (3), Step Lt next to Rt (&), Step Rt forward (4)
- 5,6,7&8 Step Lt forward (5), Step Rt forward (6), Step Lt next to Rt (7), Pop knees forward (&) Return knees to center taking weight on Rt (8)(9:00)

**[25-32] Rock Lt forward recover, ½ turn shuffle L-R-L, Sway R-L, Bump Rt x 2**

- 1,2,3&4 Rock Lt forward (1), Recover (2), ½ turn Lt Step Lt forward (3), Step Rt next to Lt (&), Step Lt forward (4)(3:00)
- 5,6,7&8 Step Rt to rt while swaying hips rt (5), Sway hips Lt (6), Bump Rt hip Rt (7), bring Rt hip back to center (&), Bump Rt hip Rt (8)(Keep weight on Lt as you bump hips Rt)(3:00)

**[33-40] Step Rt, Cross Lt over Rt, Step Rt back, Lt side, cross Rt over Lt, Rock Lt, Recover, Step Lt next to Rt face looking straight forward, Face looks left, Face looks Right**

- 1,2,3&4 Step down on Rt (1), Step Lt across Rt (2), Step back Rt (3), Step Lt next to Rt (&), Step Rt across Lt (4)
- 5, 6, 7 Rock weight left on Lt (5), Recover weight to Rt (6), Step Lt beside Rt with face looking straight forward (7)
- &8 Head looks straight left (&), Head looks straight forward (8)(3:00) \*\* Ending: Instead of looking left and right, clap your hands twice on "&8"

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