

L.I.F.F. (Pronounced Life)

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 0

Level:

Choreographer: Kay Amburn (USA)

Music: Living In Fast Forward - Kenny Chesney



ROCK STEP, COASTER STEP

- 1-2 Rock forward on left, recover weight back on right
3&4 Coaster step ? step back on left foot, bring right foot next to left, step forward on left foot

RIGHT STEP-LOCK-STEP, LEFT STEP-LOCK-STEP

- 5&6 Right step-lock-step - step forward on right foot, bring left foot behind right, step forward on right
7&8 Left step-lock-step - step forward on left foot, bring right foot behind left, step forward on left

ROCK FORWARD, ROCK BACK

- 1-2 Rock forward on right foot, recover weight back on left
3-4 Rock back on right foot, recover weight back on left

POINT, POINT, POINT, TURN & KICK

- 5& Point right toe out to right side, step right foot next to left
6& Point left toe out to left side, step left foot next to right
7-8 Point right toe out to right side, pivot on left foot $\frac{1}{4}$ turn to right and kick right foot forward

ROCK BACK, STEP, TURN

- 1-2 Rock back on right foot, recover weight on left
3-4 Step forward on right foot, pivot $\frac{1}{2}$ turn to left with weight on left foot

FULL TURN, TRIPLE STEP

- 5-6 Full turn to right stepping right, left
7&8 Right triple step - step forward on right foot, bring left foot next to right, step forward on right foot

KICK AND TOUCH, ROCK, RECOVER

- 1&2 Kick left foot forward, step left foot next to right, touch right toe next to left foot
3-4 Rock right foot across left, recover weight to left

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- 5-8 $\frac{1}{2}$ turn to right sweeping right foot around, recover weight to right foot

REPEAT

TAG

Walls 2 and 5 after count 32

- 1-2 Right knee pop (weight on left foot), hold
3-4 Left knee pop (weight on right foot), hold
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