

# Dance of A Lifetime

**COPPER** **KNOB**  
STEPSHEETS

**Count:** 32

**Wall:** 4

**Level:** Easy Intermediate

**Choreographer:** Lindy Bowers (USA) & Janis Graves (USA) - March 2012

**Music:** Dance of a Lifetime - 7th Heaven : ([www.7thheavenband.com](http://www.7thheavenband.com))



16 count intro. (music available on pop-media on iTunes)

## STEP FORWARD, TOUCH, STEP BACK, KICK, COASTER ¼ TURN CROSS, HOLD

- 1-4 Step forward on R, touch L behind R, step back on L, kick R forward  
5-8 Step back on R, step L next to R, making ¼ turn right, cross R over L, hold (3:00)

## WEAVE LEFT, SCISSOR CROSS, POINT

- 1-4 Step L to side, step R behind L, step L to side, step R across L  
5-8 Step L to side, step R next to L, cross L over R, point R toe to right side

Restart here on wall #4

## CROSS, POINT, CROSS, POINT, SAILOR ¼ TURN, STEP

- 1-2 Cross R over L, point L toe to side  
3-4 Cross L behind R, point R toe to side  
5-8 Step R behind L, making a ¼ turn right-step L to side, step R to side, step L forward (6:00)

## CHASE ½ TURN, HOLD, CHASE ¼ TURN, HOLD

- 1-4 Step R forward, pivot ½ turn left, step R forward, hold (12:00)  
5-8 Step L forward, pivot ¼ turn right, step L forward, hold (3:00)

Begin dance again!!!

**RESTART:** On wall #4 (9:00 wall) – Do the first 16 counts of the dance and restart.  
(This will put you at 12:00 to restart the dance.)

**TAG:** At the end of wall #9 (3:00 wall) – there is an 8 count tag:

- 1-4 Step R to right, touch L next to R, rock back on L, recover on R  
5-8 Step L to left, touch R next to L, rock back on R, recover on L

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