

# This Is The Life

**COPPER KNOB**  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate 2S  
编舞者: Kaie Seger (EST) - November 2008  
音乐: This Is the Life - Amy Macdonald



## GRAPEVINE RIGHT, ¼ TURN WITH BRUSH, GRAPEVINE LEFT WITH BRUSH

- 1-4      step R to right side, step L behind R, step R to right side, brush L slightly forward with ¼ turn right (3:00)  
5-8      step L to left side, step R behind L, step L to left side, brush (or scuff) R forward

## ROCKING CHAIR, ½ TURN LEFT, ROCK BACK L

- 9-12      rock R forward, recover, rock R back, recover  
13      step R forward  
14-15      ½ turn left (weight on R) (9:00)  
16      rock L back

## RECOVER R, BRUSH-STEP-LOCK-STEP L DIAGONALLY FORWARD, BRUSH-STEP-LOCK-STEP R DIAGONALLY FORWARD, MODIFIED JAZZ-BOX

- 17      recover (weight on R)  
18-21      brush L slightly forward, step L diagonally forward (7:30), lock R behind L, step L diagonally forward (7:30)  
22-25      brush R slightly forward, step R diagonally forward (10:30), lock L behind R, step R diagonally forward (10:30)  
26      brush L slightly forward  
27-28      touch L toe across R, drop L heel down (with weight)  
29-30      touch R toe back, drop R heel down (with weight)  
31-32      step L to left side, step R next to L (9:00)

## STEP LEFT SIDE WITH LEFT SWAY, RIGHT SWAY, ROCK L BEHIND R, RECOVER, LONG STEP TO LEFT, SLIDE R TOWARDS L, ROCK R BEHIND L, RECOVER, STEP R FORWARD WITH ¼ TURN RIGHT, STEP L FORWARD, ½ TURN RIGHT

- 33-34      step L to left side with sway to left,  
35-36      recover weight to R with sway to right  
37-38      rock L behind R, recover weight onto R  
39-40      L long step to left side, slide R towards L  
41-42      rock R behind L, recover weight onto L  
43-44      step R forward with ¼ turn right, hold (12:00)  
45-48      step L forward, hold, ½ turn right (weight on L), hold (6:00)

## R COASTER STEP BACK, L STEP-LOCK-STEP, STEP R FORWARD, ½ TURN LEFT, STEP R FORWARD, STEP L FORWARD, ¾ TURN RIGHT

- 49-52      step R back, step L next to R, step R forward, hold  
53-56      step L forward, lock R behind L, step L forward, hold  
57-60      step R forward, turn ½ left with weight on L, step R forward, hold (12:00)  
61-62      step L forward, hold  
63-64      turn ¾ right keeping weight on L, hold (9:00)

## START AGAIN!

**TAG: 32 count Tag at the end of wall 2 (facing the back wall).**

## ROCKING CHAIR, TOUCH BACK, ½ UNWIND TURN RIGHT, STEP-LOCK-STEP, STEP FORWARD, ½ TURN LEFT, STEP FORWARD

- 1-4      rock R back, recover, rock R forward, recover

5-8 touch R back, ½ unwind turn right (weight on R) (12:00)  
9-12 step L forward, lock R behind L, step L forward, hold  
13-16 step R forward, turn ½ left with weight on L, step R forward, hold (6:00)

**ROCKING CHAIR, WALK, WALK, MODIFIED JAZZ-BOX**

17-20 rock L forward, recover, rock L back, recover  
21-24 step L forward, hold, step R forward, hold  
25-28 touch L toe across R, drop L heel down (with weight), touch R toe back, drop R heel down (with weight)  
29-32 step L to left side, step R next to L, step L to left side

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