

# Beautiful Life

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Stephen & Lesley McKenna (SCO) - March 2025  
音乐: Beautiful Life (From the Motion Picture Abominable) - Bebe Rexha



**Intro: 16 counts on heavy beat**

**Sec 1 Side, behind, ball, cross, ¼ L hitch R, rock, rec, R shuffle**

1-2            Step R to R side, step L behind R  
&3-4          Step R next to L, cross L over R, make ¼ L hitching R knee  
5-6            Rock forward R, recover L  
7&8           Step forward R, step L next to R, step forward R

**Sec 2 Pivot ¼ R, cross, point, full turn paddle touches**

1-2            Step forward L, make ¼ R  
3-4            Cross L over R, point R to R side  
5-6-7-8       Make ¼ L on L pointing R toe to R side, repeat for count 6-7-8. Weight on R on count 8

**Sec 3 Back rock, rec, side/dip, touch, side/dip, touch, ¼ L, ¼ L**

1-2            Rock back L, recover R  
3-4            Step L to L side as you dip slightly, straighten up as you point R toe to R side  
5-6            Step R to R side as you dip slightly, straighten up as you point L toe to L side  
7-8            Make ¼ L stepping forward L, make ¼ L stepping R to R side

**Sec 4 Back rock, rec, kick x2, ball, cross, side, heel tap x2**

1-2            Rock back L, recover R  
3-4            Low kick L foot x2 towards L diagonal  
&5-6          Step L next to R, cross R over L, step L to L side  
7-8            Touch R toe slightly towards R diagonal as you tap heel x2

**Tag 1: Dance 8 counts after wall 5**

**Diag R gradually lean forward, gradually straighten up**

1-2-3-4       Step forward R into R diagonal, gradually lean forward  
5-6-7-8       Gradually straighten up with weight on L

**Tag 2: Dance 16 count tag at the end of wall 8 and 10**

**Sec 1 Step forward R/ sweep, weave front, side, behind/ sweep, behind, side, cross rock, rec, ball, cross rock, rec, ¼ L**

1-2            Step forward R sweeping L from back to front, cross L over R  
&3            Step R to R side, step L behind R sweeping R from front to back  
4&            Step R behind L, step L to L side  
5-6&          Cross rock R over L, recover L, step R next to L  
7-8&          Cross rock L over R, recover, R, make ¼ L stepping L

**Sec 2 Repeat Sec 1 above**

**We hope you enjoy our dance!**

**Contact: [stephen-edward-mckenna@sky.com](mailto:stephen-edward-mckenna@sky.com)**