

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

**COPPER** KNOB  
STEPPERS

拍数: 32      墙数: 0      级数:  
编舞者: Kay Amburn (USA)  
音乐: Living In Fast Forward - Kenny Chesney



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## 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

## RONDE

- 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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