

# About Life

**COPPER** KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Pam Leader (USA) - July 2008  
音樂: About Life - Julianne Hough



**Intro: Start dance 16 counts into the song (at the start of the lyrics)**

## **Step L, R Coaster, Shuffle, Rocking Chair, ¼ L With Kick**

1                      Step L to left side  
2&3                  back R, together L, forward R  
4&5                  L forward, R beside L, L forward  
6&7&                R forward, recover L, R back, recover L  
8&1                  R forward, L to R with ¼ L, low kick of R to right side (9:00)

## **Cross, Step, Vine, Hip Steps, Rock, Recover**

2,3                   Cross R over L, Step L to left side  
4&5                  Step R behind, Step L to left side, Cross R in front of L  
6,7                   Step L to left side and roll hips, Step R to right side and roll hips  
8&1                  Rock L behind R, recover R \*, Step L to left side (9:00)

## **Slide R To Meet L, Step R, Cross L, ¼, ½, ½, ½ Traveling Turns R, Step R Back**

2&3                   Slide R to meet L, Step R beside L, Cross L over R  
4                      ¼ turn right on R (12:00)  
5                      ½ turn right on L (6:00)  
6                      ½ turn right on R (12:00)  
7,8                   ½ turn right on L, Step Back on R (6:00)

## **Rock L, Recover R, Cross Shuffle, Press Kick, ¼ Turning R Jazz Box, Cross L, Recover R**

1,2                   Rock L to left side, recover R  
3&4                   Rock L over R, Step R to R, Cross L over R \*\*  
&5                   Press R diagonally forward, kick R diagonally forward to the right  
6&7                   Cross R over L, Step L back with ¼ turn to R, Step R beside L  
8&                   Cross L over R, Recover R (9:00)

**End of dance**

**TAG (Tag 1 is all 16 counts, Tag 2 is only the last 8 counts )**

## **Toe Touches, Rock R Over L, Recover L, Chasse R, L, R**

1&2&                Touch R forward, Step R back, Touch L to left side, Step L back  
3&4&                Touch R to right side, Step R back, Touch L forward, Step L beside R  
5,6                   Rock R over L, recover L  
7&8                   Step R to right side, Step L beside R, Step R to right side

## **Toe Touches, Step R, Press L, Sweep R, Rock L, Recover R**

1&2&                Touch L forward, Step L back, Touch R to right side, Step R back  
3&4&                Touch L to left side, Step L back, Touch R forward, Touch R beside L  
5-7                   Big Step forward R, Press L forward, Sweep L around and behind R  
8&                   Rock behind L, Recover R\*\*\*

**RESTART: \*After 16 counts of wall 3 and wall 6, restart dance from the beginning (Walls 3 and 6 will start on 6:00 wall but restart will happen on the 3:00 wall)**

**TAGS:**

**\*\* TAG 1 - On Wall 4 AFTER FIRST 28 counts (will be danced on the 9:00 wall)**

**\*\*\* TAG 2 - AFTER Wall 8 dance the LAST 8 counts of Tag (will be danced on the 9:00 wall)**

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