

# My Life [我这一生] Wo Zhe Yi Sheng

**COPPER** **KNOB**  
STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Heru Tian (INA) & Erni Jasin (INA) - June 2025

Music: Wo Zhe Yi Sheng (我这一生) (DJ版) - Ma Jian Tao (马健涛)



No Tag, No Restart!

Intro : Start on Vocal!

## **S1: L BASIC NC, 1/4R, FWD, SPIRAL FULL TURN R, FWD, SHUFFLE, SWEEP, CROSS, HINGE TURN L, SIDE**

12& Lf Big step to L (1), Close Rf slightly behind Rf (2), cross Lf over Rf (&  
3 4 1/4R Step Rf fwd (3) (3:00), spiral full turn R (4)  
5&6 Step Rf fwd (5), step Lf next to Rf (&), step Rf fwd and sweep Lf from back to front (6)  
7&8 Cross Lf over Rf (7), 1/4L step Rf back (&), 1/4L step Lf side (8) (9:00)

## **S2: CROSS ROCK, RECOVER, 1/4R, FWD, 1/4R, SIDE, RECOVER, FWD, ROCK, BACK, TOGETHER, BACK, SWEEP, 1/4R, BACK, CLOSE**

12& Cross /Rock Rf over Lf (1), recover on Lf (2), 1/4R step Rf fwd (&  
34& Step Lf fwd (3), 1/4R step Rf in place (4), step Lf fwd (&) (3:00)  
56& Rock Rf fwd (5), recover on Lf (6), step Rf next to Lf (&  
78& Step Lf back and sweeping Rf at the same time from front to back (7), 1/4R step Rf back (8), close Lf beside Rf (&) (6:00)

## **Section 3 : Walks Fwd, Scissors Cross, 1/4L Fwd, Pivot 1/2L, 1/2L Back, Sweep, Behind, Side**

12 Walk RF Fwd (1), Walk LF Fwd (2)  
3&4 Step RF to R Side (3), Step LF next to RF (&), Cross RF over LF (4)  
56& 1/4L, Step LF Fwd (5) (3.00), Step RF Fwd (6), Pivot 1/2L, Step LF in place (&  
78& 1/2L, Step RF Back, Sweep LF front to back (7), Step LF behind RF (8), Step RF to R Side (&)

## **Section 4 : Diamond 1/2R, Cross Rock, 1/4L Fwd, Walks Fwd**

12& 1/8R, Step LF Fwd (1), Step RF Fwd (2), 1/8R, Step LF to L Side (&  
34& 1/8R, Step RF Back (3), Step LF Back (4), 1/8R, Step RF to R Side (&) (9.00)  
56& Rock LF cross over RF (5), Recover on RF (6), step LF side (&  
78& Step RF Fwd (7), pivot 1/2L step LF in place (8), close RF next to LF (&) (3:00)

**\*\*Start again from beginning..**

Contacts:

herutian79@gmail.com

ernij58@gmail.com