

Lifetime

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Easy Intermediate

Choreographer: Hiroko Carlsson (AUS) - July 2025

Music: Lifetime (feat. Naomi Lareine) - Gil Glaze : (Spotify/YouTube Music/Amazon)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

Intro: 16 counts

[S1] Rocking Chair, Fwd-Touch, Rocking Chair, 1/4R-Touch

1&2& Rock forward on R, Replace weight on L, Rock back on R, Replace weight on L
3 4 Step forward on R, Touch L next to R
5&6& Rock forward on L, Replace weight on R, Rock back on L, Replace weight on R
7 8 Make a ¼ turn right stepping L to the side, Touch L next to R (3:00)

[S2] Fwd-Samba 1/4R, Weave R, Cross-Samba, Cross, Side

1&2 Step forward on R, Make a ¼ turn right samba rock L to the side (6:00), Replace weight on R
3&4& Cross L over R, Step R to the side, Step L behind R, Step R to the side
5&6 Cross L over R, Samba rock R to the side, Replace weight on L
7 8 Cross R over L, Step L to the side

[S3] Back Rock, Shuffle Fwd, Step-Pivot 1/2R-1/2R Shuffle Back,

1 2 Rock back on R, Replace weight on L
3&4 Shuffle forward on R-L-R
5 6 Step forward on L, Make a ½ turn right recover weight on R (12:00)
7&8 Make a ½ turn right stepping back on (shuffle back) L-R-L (6:00)

[S4] Back Rock, 1/4L Side Shuffle, Sailor Step, Back Rock, Scuff

1 2 Rock back on R, Replace weight on L
3&4 Make a ¼ turn left stepping R to the side (3:00), Step L close, Step R to the side
5&6 Step L behind R, Step R to the side, Step L to the side
&7 8 Quick rock back on R, Replace weight on L, Scuff forward on R

No tags or restarts.

Ending suggestion: Begin facing 12:00 for the last wall. Dance up to count 16 (6:00).

Make a ½ turn right stepping forward on R (12:00)

(updated: 22/July/25)