

THIS IS THE LIFE

4 wall dance, 32 counts Level: Improver NO TAGS OR RESTARTS

Choreographed by Ulla E

Choreographed to : This is the life with Amy McDonald, CD Absolute Music 58

Note 1: It's a two-step kind of music so the rhythm is slow-slow-quick-quick-slow etc.
Feel the music

Note 2: On the 8th wall the music slows down and after that it's only a few beats left,
fade the music when it slows down or dance right through til the end of the music

Section 1

Right Cross, Side, Sailor Step, Left Cross, Side, Sailor 1/4 turn left (9)

- 1 2 Cross right foot over left, step left to left side
- 3&4 Cross right behind left. Step left to left side. Step right to right side.
- 3 4 Cross left foot over right, step right to right side
- 7&8 Turn 1/4 left crossing left behind right. Step right to side. Step left beside right.

Section 2

Rock step (lunge), shuffle back, triple step 1/2 turn left, step turn 1/4 left (12)

- 1 2 Step (lunge) forward on right, replace weight on to left
- 3&4 Step back on right, Close left beside right, Step back on right
- 5&6 Making 1/2 turn left do a triple step left right left
- 7 8 Step right forward, turn 1/4 left (weight ends on left foot)

Section 3

Cross shuffle, rock step, behind-side-cross, step back 1/4 turn left, touch (9)

- 1&2 Cross step right over left. Step left to left side. Cross step right over left.
- 3 4 Rock left to left side, recover weight on to right
- 5&6 Step left behind right, step right to right side, cross left over right
- 7 8 Making a 1/4 turn left, step back on right, touch left beside right (weight on right)

Section 4

Kick-ball-cross, 1/4 turn right x 2, cross rock, chasse left (3)

- 1&2 Kick left forward. Step down on ball of left. Cross right over left.
- 3 4 Making a 1/4 turn right, step left back. Making a 1/4 turn right, step right to right side
- 5 6 Cross rock left over right, replace weight on to right
- 7&8 Step left to left side. Close right beside left. Step left to left side.

START AGAIN