

# THIS IS THE LIFE

LINEDANCE.COM

**Count:** 64

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Jehaes Linda & Dupont Robby (Aug 08)

**Music:** This Is The Life by Amy MacDonald (CD: This Is The Life)

## Heel Touch, 1/4 Turn Right Sailor Step, Walk Fwd, Rock & 1/2 Turn Left

1 Tap right heel forward

2 Tap right heel forward

### 3 1/4 turn right, cross right behind left

& Step left to left side

4 Step right to right side

5 Step forward on left

6 Step forward on right

7 Rock forward on left

& Recover onto right

### 8 1/2 turn left, step forward on left

## Lock Shuffle R & L, Mambo Back, Coaster Step

1 Step forward on right

& Lock left behind right

2 Step forward on right

3 Step forward on left

& Lock right behind left

4 Step forward on left

5 Rock forward on right

& Recover onto left

6 Step back on right

7 Step back on left

& Step right next to left

8 Step forward on left

### Scissor Step 2x, Vine Right, Heel Ball Cross

- 1 Step right to right side
- & Step left next to right
- 2 Cross right over left
- 3 Step left to left side
- & Step right next to left
- 4 Cross left over right
- 5 Step right to right side
- 6 Cross left behind right
- & Step right to right side
- 7 Tap left heel on left diagonal
- & Step left next to right
- 8 Cross right over left

### Left Side Chasse, Cross Rock $\frac{1}{4}$ Turn Right, $\frac{1}{2}$ Pivot Turn Right, Step, $\frac{1}{2}$ Pivot Turn Left

- 1 Step left to left side
- & Step right next to left
- 2 Step left to left side
- 3 Rock right over left
- & Recover onto left
- 4  $\frac{1}{4}$  turn right, step forward on right**
- 5 Step forward on left
- & Make  $\frac{1}{2}$  pivot right
- 6 Step forward on left
- 7 Step forward on right
- 8 Make  $\frac{1}{2}$  pivot left

### Shuffle Right & Left, Side, Behind, Side Rock & Cross

- 1 Step forward on right
- & Step left next to right

- 2 Step forward on right
- 3 Step forward on left
- & Step left next to right
- 4 Step forward on left
- 5 Step right to right side
- 6 Step left behind right
- 7 Rock right to right side
- & Recover onto left
- 8 Cross right over left

### **Side, Behind, Rock & Cross, Side, Behind, ¼ T Urn Shuffle Right**

- 1 Step left to left side
- 2 Step right behind left
- 3 Rock left to left side
- & Recover onto right
- 4 Cross left over right
- 5 Step right to right side
- 6 Step left behind right
- 7 Step right ¼ turn right
- & Step left next to right
- 8 Step forward on right

### **½ Pivot Turn Right, Shuffle Left, Full Turn Left, Mambo Touch**

- 1 Step forward on left
- 2 Make ½ pivot turn right
- 3 Step forward on left
- & Step right next to left
- 4 Step forward on left

**5 ½ turn left, step back on right**

**6 ½ turn left, step forward on left**

- 7 Rock forward on right  
& Recover onto left  
8 Touch right beside left

### **Part Rumba Box, Cross Rock & $\frac{1}{4}$ Turn Left, Lockshuffle Right, Triple Full Turn Right**

- 1 Step right to right side  
& Step left next to right  
2 Step forward on right  
3 Rock left cross over right  
& Recover onto right

#### **4 $\frac{1}{4}$ turn left, step forward on left**

- 5 Step forward on right  
& Left lock behind right  
6 Step forward on right

#### **7 $\frac{1}{4}$ turn right, step left to left side**

#### **& $\frac{1}{2}$ turn right, step back on right**

#### **8 $\frac{1}{4}$ turn right, step forward on left**

### **RESTARTS:**

**in 2nd wall AFTER count 16**

**in 4th wall AFTER count 32**

**TAG: 5th wall AFTER count 62, dance next tag**

### **Touch Left, Monterey Turn $\frac{1}{2}$ Right**

- 1 Point left to left side  
2 Step next beside right  
3 Point right to right side  
4 Make  $\frac{1}{2}$  turn right stepping right beside left  
5 Point left to left side  
6 Step left next to right

**ENDING: After 5th wall and Tag, restart and make a ½ pivot turn left ( Step forward on right, pivot ½ left ) to end at 12:00**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=76391](https://www.linedance.com/index.php?f=dance_view&id=76391)