

My Life

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Gary Stubbs

Music: My Life (Radio Edit) by Chanel. (Track Length 2:46)

Intro 16 Counts, Start on Lyrics.

R Rock Forward, Sailor 3/4 , Step Half Turn , Coaster Step.

- 1-2** Rock Right Foot Forward, Recover Weight Onto Left.
- 3&4** Cross Right behind Left making 1/2 turn Right. Step Left beside Right making 1/4 turn Right, Step Forward Right.
- 5-6** Step Left Foot Forward, Make a 1/2 turn Left Stepping Right Foot Back .
- 7&8** Step Left Back , Step Right Next To Left , Step Left Foot Forward.

Rock and Cross x 2 , Point and Point , Heel Switches.

- 1&2** Rock Right To Right Side , Recover onto Left, Cross Right Over Left.
- 3&4** Rock Left To Left Side , Recover Onto Right , Cross Left Over Right.
- 5&6&** Point Right To Right Side, Step Right Next To Left, Point Left to Left Side, Step Left Next To Right.
- 7&8&** Touch Right heel forward, Step Right beside Left, Touch Left Heel Forward , Step Left Besides Right.

Rock Recover , Full Turn , Rock Recover , Shuffle Half Turn.

- 1-2** Rock Right Forward , Recover Back Onto Left.
- 3&4** Make A Full Turn Stepping Right , Left.
- 5-6** Rock Back Onto Right , Recover Back Onto Left.
- 7&8** Shuffle a half turn over your Left Shoulder Stepping Right , Left , Right.

Shuffle 1/2, R Mambo , L Shuffle Back ,Back Rock.

- 1&2** Step left ¼ turn left, Step right together, Step left forward ¼ turn left
- 3&4** Rock Forward Right , Recover onto Left , Step Back Right
- 5&6** Step Left Back , Step Right Next To Left , Step Left Back.
- 7-8** Rock Right Back , Recover onto Left.

