

LIFE'S ESSENTIALS

LINEDANCE.COM

Count: 32

Wall: 4

Level: intermediate

Choreographer: Kevin & Maria Smith

Music: Food, Water, Shelter, Love by Adam Brand

CROSS, STEP, BEHIND, & HEEL, & FORWARD, DOROTHY, ½ PIVOT

1-2-3&4 Cross/step right over left, step left to side, step right behind left, step left to side, right heel forward right diagonal

& Step right next to left (moving towards right diagonal)

5-6&7 Step left forward, lock right behind left, step left forward, step forward right (Dorothy step)

8½ pivot turn left (still a diagonal facing approx 8:00)

½ SHUFFLE TURN, STEP BACK, CROSS, & ½ TURN, STEP FORWARD, FULL TURN

1&2-3-4½ shuffle turn left stepping right-left-right (facing front), step back left, step right across left

&5-6 Step back left, ½ turn right step forward right, step forward left

7&8 Full turn back over right shoulder step right-left-right

& SPLIT STEP, & SPLIT STEP, & OUT, & STEP FORWARD, ¾ TURN, STEP RIGHT-LEFT

&1-2 Take weight left, big step back right, drag left to right take weight left

&3-4 Take weight right, big step back left, drag right to left touch right next to left

&5&6 Step right to side, step left to side, & step right to center, step forward left

7-8¾ turn left step forward right-left

ROCK, RETURN, 1 ¼ TURN, ¾ TURN, STEP & OUT FORWARD, & OUT BACK

1-2-3&4 Rock/step right over left, return weight left, 1 ¼ cha-cha turn right stepping right-left-right

Alternate step: rock, return ¼ turn right shuffle forward

5-6 Step forward left, right, ¾ turning right

&7 Step forward left, step out to side right

&8 Step back left, step back right to side

& Take weight on left

REPEAT

TAG

End of wall 6 (facing back wall finish count 32 crossing right over left)

1-2-3-4& Tap right heel 4 times, & lift right foot off floor to start dance

Finish

You will be facing front wall at rock right over left, take weight left, 1 $\frac{1}{4}$ cha-cha turn right, turn 1 $\frac{3}{4}$ turn right stepping right-left-right-left