

# ABOUT LIFE

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**Count:** 32                      **Wall:** 4                      **Level:** Intermediate

**Choreographer:** Pam Leader (July 08)

**Music:** About Life by Julianne Hough (CD: 103bpm)

**Intro: Start dance 16 counts into the song (at the start of the lyrics)**

**Step L, R Coaster, Shuffle, Rocking Chair, ¼ L With Kick**

1                      Step L to left side

**2&3 back R, together L, forward R**

**4&5 L forward, R beside L, L forward**

**6&7& R forward, recover L, R back, recover L**

**8&1 R forward, L to R with ¼ L , low kick of R to right side (9:00)**

**Cross, Step, Vine, Hip Steps, Rock, Recover**

2,3                      Cross R over L, Step L to left side

4&5                      Step R behind, Step L to left side, Cross R in front of L

6,7                      Step L to left side and roll hips, Step R to right side and roll hips

8&1                      Rock L behind R, recover R \*, Step L to left side (9:00)

**Slide R To Meet L, Step R, Cross L, ¼, ½, ½, ½ Traveling Turns R, Step R Back**

2&3                      Slide R to meet L, Step R beside L, Cross L over R

**4 ¼ turn right on R (12:00)**

**5 ½ turn right on L (6:00)**

**6 ½ turn right on R (12:00)**

**7,8 ½ turn right on L , Step Back on R (6:00)**

**Rock L, Recover R, Cross Shuffle, Press Kick, ¼ Turning R Jazz Box, Cross L , Recover R**

1,2                      Rock L to left side, recover R

3&4                      Rock L over R, Step R to R, Cross L over R \*\*

- &5** Press R diagonally forward, kick R diagonally forward to the right
- 6&7** Cross R over L, Step L back with ¼ turn to R, Step R beside L
- 8&** Cross L over R, Recover R (9:00)

### **End of dance**

**TAG (Tag 1 is all 16 counts, Tag 2 is only the last 8 counts )**

### **Toe Touches, Rock R Over L, Recover L, Chasse R, L, R**

- 1&2&** Touch R forward, Step R back, Touch L to left side, Step L back
- 3&4&** Touch R to right side, Step R back, Touch L forward, Step L beside R
- 5,6** Rock R over L, recover L
- 7&8** Step R to right side, Step L beside R, Step R to right side

### **Toe Touches, Step R, Press L, Sweep R, Rock L, Recover R**

- 1&2&** Touch L forward, Step L back, Touch R to right side, Step R back
- 3&4&** Touch L to left side, Step L back, Touch R forward, Touch R beside L
- 5-7** Big Step forward R, Press L forward, Sweep L around and behind R
- 8&** Rock behind L, Recover R\*\*\*

**RESTART: \*After 16 counts of wall 3 and wall 6, restart dance from the beginning (Walls 3 and 6 will start on 6:00 wall but restart will happen on the 3:00 wall)**

### **TAGS:**

**\*\* TAG 1 - On Wall 4 AFTER FIRST 28 counts (will be danced on the 9:00 wall)**

**\*\*\* TAG 2 - AFTER Wall 8 dance the LAST 8 counts of Tag (will be danced on the 9:00 wall)**