

This Life

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Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Rosie Multari

Music: This Life by Future Fambo feat Unga [116 bpm] (cd: This Life)

Other music options:

Boys Will Be Boys by Paulina Rubio

Dynamite by Taio Cruz [124 bpm / CD: Rokstarr (Bonus Track Version)]

The Edge of Glory by Lady Gaga (128 bpm) CD: Born This Way

Country songs: Somewhere with You by Kenny Chesney (112 bpm)

Country Done Come to Town by John Rich (128 bpm)

Start on vocals

Start on vocal singing "Peoples" 16 seconds in

[1-8] SIDE STEP & SIDE TAPS

- 1-4** Step R to side (Styling option: Wide Slide), tap L next to R, Tap L to left side, Tap L next to R
- 5-8** Step L to side (Styling option: Wide Slide), tap R next to L, Tap R to right side, Tap R next to L

[9-16] BACK & TAP, HIP SWAY & TAP

- 9-12** Step R back diagonally, tap L next to R, Step L back diagonally, tap R next to L
- 13-16** Step R to the side as you sway hips to right, left, right, Tap L next to R

[17-24] STEP SLIDE STEP TAP, ¼ TURN, REPEAT

- 17-20** Step L forward diagonally, slide R next to L, Step L forward diagonally, tap R next to L
- 21-24** Turn ¼ right, Step R forward diagonally, slide L next to R, Step R forward diagonally, tap L next to R

[25-32] SIDE STEP & TAP, WALK BACK & TAP

25-28 Step L to side, tap R next to L (optional Body Roll), Step R to side, tap L next to R (optional Body Roll)

29-32 Step back L, R, L, Tap R next to L

Repeat

Choreographer's note: This was created for new dancers to experience "step & tap" weight changes while encouraging them to add their own styling to the beat!

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