

# The Sweet Life

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**Count:** 32      **Wall:** 4      **Level:** Improver

**Choreographer:** Carrie Ann Green (Almeria, Spain) April 2014

**Music:** Sweet California - This is The Life

## 16 Count intro - 1 Tag, 1 Restart

### Section 1: Right Sailor Step, Left Mambo back, Monterey ½ Turn, Switch and Switch

- 1&2**      Cross right behind left, step left to side, step right to side
- 3&4**      Rock left back, recover onto right, step left beside right
- 5-6**      Point right toe to right side, pivot ½ right bringing right foot in place (6.00)
- 7&8**      Point left toe to left side, & step left foot in place, point right foot to right side

### Restart the dance here on wall 10 facing 3.00

### Section 2: Ball cross ¼ turn Left, Coaster Step, Walk forward Right, Left (or Full turn Left), Shuffle Forward

- &1-2**      Step down on right, cross left over right, make ¼ turn left stepping right foot back (3.00)
- 3&4**      Step left foot back, close right beside left, step forward left
- 5-6**      Walk forward right, left (optional full turn Left)
- 7&8**      Shuffle fwd Right, (R,L,R)

### Section 3: Rock forward, recover, Turn, Turn, Rock back, recover, step, ½ pivot right

- 1-2**      Rock forward on Left, recover onto right
- 3-4** turning ½ turn Left Stepping Forward on Left (9.00) turning ½ turn Left Stepping back on Right (3.00)

### (Counts 3-4 are a full rolling turn back - Alternative step - walk back on left, right)

- 5-6**      Rock back on left, recover onto right
- 7-8**      Step forward on left, 1/2 pivot turn right (9.00)

### Section 4: Side Strut, Turn Strut, Turn Strut, (or Side strut, cross strut, side strut) Stomp, Kick

- 1-2**      Touch left toe to side, drop left heel down (click fingers)

**3-4<sup>1</sup>/<sub>4</sub> turn left (pivot on ball of left) touch right to right side, drop right heel down (click fingers) (6.00)**

**5-6<sup>1</sup>/<sub>4</sub> turn right (pivot on ball of right) touch left to left side drop left heel down (click fingers) (9.00)**

**(Alternative steps 1- 6: Left side strut, Right cross strut over left, Left side strut)**

**7-8** Stomp Right foot, Kick Right to right diagonal

**Tag end of wall 4 facing 12.00, 8 counts:**

**1 2 & 3 4** Step Right to Right side, Hold, Ball Step Right, touch left

**5 6 & 7 8** Step Left to Left side, Hold, Ball Step Left, kick right to right diagonal

**End of dance facing 9.00 after Stomp, Kick, do a sailor <sup>1</sup>/<sub>4</sub> turn to the right to face front wall**

**Contact: [dizzyc71@hotmail.com](mailto:dizzyc71@hotmail.com)**

**Last Update - 27th April 2014**