

THIS LIFE

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Count: 32 **Wall:** 4 **Level:** beginner/intermediate

Choreographer: Cody Breed

Music: Nothing To Lose by Michael Bryers

SAILOR, SAILOR, BACK, ROCK FORWARD, FULL TURN TRIPLE

- 1&2** Sailor: step right behind left, step left to left side, step right to right side
- 3&4** Sailor: step left behind right, step right to right side, step left to left side
- 5-6-** Rock back onto right, rock forward onto left
- 7&8** Triple step turning full turn right, right-left-right

FORWARD, ROCK, BACK DRAG, BACK, BACK, BACK ROCK

- 1-2-3-4** Rock forward onto left, rock back onto right, step back onto left, drag right back
- 5-6-7-8** Step back onto right, step back onto left, rock back on right, rock forward on left

PIVOT TURN, KICK BALL CHANGE, SIDE TOGETHER SIDE TOUCH

- 1-2-** Step forward onto right, pivot $\frac{1}{2}$ turn left
- 3&4** Kick right forward, step left together, step right together
- 5-6-7-8** Step right to right side, step left beside right, step right to right side, touch left beside right

SIDE TOGETHER SIDE TOUCH, PADDLE $\frac{1}{4}$, KICK BALL CHANGE

- 1-2-3-4** Step left to left side, step right beside left, step left to left side, touch right beside left
- 5-6** Paddle: step right forward, turn $\frac{1}{4}$ left, take weight on left
- 7&8** Kick right forward, step right together, step left together

REPEAT

RESTART

On wall 3, dance until beat 16, then restart facing 6:00