

# This Is The Life

LINEDANCE.COM

**Count:** 64

**Wall:** 4

**Level:** Intermediate 2S

**Choreographer:** Kaie Seger – Nov 2008

**Music:** This Is The Life by Amy Macdonald

## **GRAPEVINE RIGHT, ¼ TURN WITH BRUSH, GRAPEVINE LEFT WITH BRUSH**

**1-4**step R to right side, step L behind R, step R to right side, brush L slightly forward with ¼ turn right (3:00)

**5-8**step L to left side, step R behind L, step L to left side, brush (or scuff) R forward

## **ROCKING CHAIR, ½ TURN LEFT, ROCK BACK L**

**9-12**rock R forward, recover, rock R back, recover

**13**step R forward

**14-15**½ turn left (weight on R) (9:00)

**16**rock L back

## **RECOVER R, BRUSH-STEP-LOCK-STEP L DIAGONALLY FORWARD, BRUSH-STEP-LOCK-STEP R DIAGONALLY FORWARD, MODIFIED JAZZ-BOX**

**17**recover (weight on R)

**18-21**brush L slightly forward, step L diagonally forward (7:30), lock R behind L, step L diagonally forward (7:30)

**22-25**brush R slightly forward, step R diagonally forward (10:30), lock L behind R, step R diagonally forward (10:30)

**26**brush L slightly forward

**27-28**touch L toe across R, drop L heel down (with weight)

**29-30**touch R toe back, drop R heel down (with weight)

**31-32**step L to left side, step R next to L (9:00)

**STEP LEFT SIDE WITH LEFT SWAY, RIGHT SWAY, ROCK L BEHIND R, RECOVER, LONG STEP TO LEFT, SLIDE R TOWARDS L, ROCK R BEHIND L, RECOVER, STEP R FORWARD WITH  $\frac{1}{4}$  TURN RIGHT, STEP L FORWARD,  $\frac{1}{2}$  TURN RIGHT**

**33-34**step L to left side with sway to left,

**35-36**recover weight to R with sway to right

**37-38**rock L behind R, recover weight onto R

**39-40**L long step to left side, slide R towards L

**41-42**rock R behind L, recover weight onto L

**43-44**step R forward with  $\frac{1}{4}$  turn right, hold (12:00)

**45-48**step L forward, hold,  $\frac{1}{2}$  turn right (weight on L), hold (6:00)

**R COASTER STEP BACK, L STEP-LOCK-STEP, STEP R FORWARD,  $\frac{1}{2}$  TURN LEFT, STEP R FORWARD, STEP L FORWARD,  $\frac{3}{4}$  TURN RIGHT**

**49-52**step R back, step L next to R, step R forward, hold

**53-56**step L forward, lock R behind L, step L forward, hold

**57-60**step R forward, turn  $\frac{1}{2}$  left with weight on L, step R forward, hold (12:00)

**61-62**step L forward, hold

**63-64**turn  $\frac{3}{4}$  right keeping weight on L, hold (9:00)

**START AGAIN!**

**TAG: 32 count Tag at the end of wall 2 (facing the back wall).**

**ROCKING CHAIR, TOUCH BACK,  $\frac{1}{2}$  UNWIND TURN RIGHT, STEP-LOCK-STEP, STEP FORWARD,  $\frac{1}{2}$  TURN LEFT, STEP FORWARD**

**1-4**rock R back, recover, rock R forward, recover

**5-8**touch R back,  $\frac{1}{2}$  unwind turn right (weight on R) (12:00)

**9-12**step L forward, lock R behind L, step L forward, hold

**13-16step R forward, turn ½ left with weight on L, step R forward, hold (6:00)**

**ROCKING CHAIR, WALK, WALK, MODIFIED JAZZ-BOX**

**17-20rock L forward, recover, rock L back, recover**

**21-24step L forward, hold, step R forward, hold**

**25-28touch L toe across R, drop L heel down (with weight), touch R toe back, drop R heel down (with weight)**

**29-32step L to left side, step R next to L, step L to left side**