

THIS IS AMY

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

Choreographer: Quim Aymerich (May 2009)

Music: "This is the life" by Amy McDonald

Dance start with lyrics.

Step sheet by Muntsa Sidera

SIDE-TOGETHER-SIDE, BEHIND-SIDE-CROSS, 3 SIDE TOUCHES - ¼ TURN SAILOR STEP

- 1&2** Touch right toe to right side, right beside left, touch right toe to right side.
- 3&4** Step right behind left, step left to left side, cross right in front of left.
- 5&6** Touch left toe to left side, touch left toe a little bit more to left, touch left toe a little bit more to left side.
- 7&8** Step left behind right, doing a ¼ turn right step right to right side, step left to left side.

SHUFFLE FORWARD, STEP-¼ TURN RIGHT-CROSS, ¼ TURN RIGHT -½ TURN LEFT-STEP, STEP-½TURN RIGHT-STEP

- 9&10** Step right forward, left beside right, step right forward.
- 11&12** Step left forward, pivot ¼ turn right, step/cross left in front of right.
- 13&14** Doing a ¼ turn right step right forward, pivot ½ turn left (weight on left foot), step right forward.
- 15&16** Step left forward, ½ turn right, step left forward.

¼ TURN RIGHT WAVE, STEP, ½ TURN RIGHT, STEP - ¼ TURN LEFT, ½ TURN LEFT.

- 17&18** Step right to right side, left behind right, step right to right side.
- &19&20** Cross left over right, step right to right side, left behind right, doing a ¼ turn right step forward.
- 21&22** Step left forward, ½ turn right, step left forward.
- 23-24** Step right forward doing a ¼ turn left, doing a ½ turn left over right foot step left to left side.

RIGHT MAMBO FORWARD, LEFT MAMBO BACK, JAZZ BOX

- 25&26** Step right forward, recover weight onto left, right beside left.

27&28 Step left back, recover weight to right foot, step left beside right.

29-30 Cross right over left, step left back.

31-32 Step right to right side, left beside right.

START AGAIN

BRIDGE

On the 8th wall we dance til count 16, and after it we do a jazzbox:

1-2 Cross right over left, step left back.

3-4 Step right to right side, left beside right.

We start again from step number 1. As it is the last wall, we dance til count number 16 and end with a touch with right toe beside left.