

What A Life!

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Count: 64 **Wall:** 2 **Level:** Advanced

Choreographer: Alan Birchall (England) Nov 2011 (Nuline UK)

Music: Aka... What A Life! - Noel Gallagher or James Morrison - I Won't Let You Go

Start: On Lyrics (For James Morrison Start: After First Verse 28 Seconds)

Seconds: 20 - Count: 16 From Start Of Beat - (BPM:120)

SAILOR STEP, BEHIND, UNWIND, SWAY, RECOVER, CROSS SHUFFLE

- 1&2** Cross Right Behind Left, Step Left To Left, Step Right To Right
- 3-4** Cross Left Behind Right, Unwind Full Turn Left Alt: Hold 12 o' Clock
- 5-6** Sway Out To Right, Recover On Left
- 7&8** Cross Right Over Left, Step Left To Left, Right Over Left

SIDE TOGETHER, SIDE, TOGETHER, FORWARD, ROCK, RECOVER, ¾ TURN

- 9-10** Step Left To Left, Right By Left
- 11&12** Step Left To Left, Right By Left, Step Forward On Left
- 13-14** Rock Forward On Right, Recover On Left
- 15-16** Making ½ Turn Right Step Forward On Right, Making ¼ Turn Right Step Left To Left 9 o' Clock

RIGHT & LEFT HEEL JACKS, ROCK, RECOVER, BACK LOCK STEP

- 17&18** Step Right Behind Left, Step Left To Left, Extend Right Heel
- &19&20** Step On To Right, Cross Left Over Right, Step Right To Right, Extend Left Heel
- &21-22** Step On To Left. Rock Forward On Right, Recover On Left
- 23&24** Step Back On Right, Lock Left Over Right, Step Back On Right

TOUCH, UNWIND, STEP, ½ PIVOT, STEP ½ TURN ¾ TRIPLE TURN

- 25-26** Touch Left Toe Back, Unwind ½ Turn Left (Weight On Left) 3 o' Clock
- 27-28** Step Forward On Right, ½ Pivot Left 9 o' Clock
- 29-30** Step Forward On Right, ½ Turn Right Stepping Back On Left 3 o' Clock

31&32¾ Triple Turn Right Stepping Right, Left, Right

Alt: Right Coaster Step 12 o' Clock

CROSS PRESS, RECOVER, SIDE CHASSE. CROSS PRESS, RECOVER, CHASSE ¼ TURN

- 33-34 Cross Press Left Over Right, Recover On Right
- 35&36 Step Left To Left, Right By Left, Step Left To Left
- 37-38 Cross Press Right Over Left, Recover On Left
- 39&40 Step Right To Right, Left by Right, Making ¼ Turn Right, Step Right To Right 3 o' Clock

STEP, FULL TURN, STEP, LEFT SHUFFLE, ROCK, RECOVER, COASTER STEP

- 41-42 Step Forward On Left, On The Ball Of Left Foot Make Full Turn Right Step Forward On Right

Alt: Walk Forward

- 43&44 Step Forward On Left, Step Right By Left, Step Forward On Left
- 45-46 Rock Forward On Right, Recover On Left
- 47& 48 Step Back On Right, Left By Right, Step Forward On Right

¼ SWAY, RECOVER, CROSS SHUFFLE, MODIFIED MONTEREY TURN, SWAY, RECOVER

- 49-50 Making ¼ Turn Right Sway Left To Left, Recover On Right 6 o' Clock
- 51&52 Cross Left Over Right, Step Right To Right, Cross Left Over Right
- 53-54 Point Right To Right, Full Turn Right Stepping Right By Left

Alt: Hold, & Step Right By Left 6 o' Clock

- 55-56 Sway Left To Left, Recover On Right

CROSS, BACK, SIDE, CROSS, MODIFIED MONTEREY TURN, SWAY, RECOVER

- 57-58 Cross Left Over Right, Step Back On Right
- 59-60 Step Left To Left, Cross Right Over Left
- 61-62 Point Left To Left, Full Turn Left Stepping Left By Right

Alt: Hold, & Step Left By Right 6 o' Clock

- 63-64 Sway Right To Right Recover On Left

START AGAIN