

This Is The Life

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Count: 48 **Wall:** 2 **Level:** Phrased Improver

Choreographer: Laine Arbidane (Latvia) Dec. 2015

Music: This Is The Life by Amy McDonald

Sequence: AAB, AAB, BAA, HOLD, A

PART A - 32 COUNTS

A1: 2X SHUFFLES DIAGONAL FORWARD, RF SHUFFLE FORWARD, LF MAMBO FORWARD

1&2RF step diagonal Forward, LF step next to RF, RF step diagonal (1:30)

3&4LF step diagonal Forward, RF step next to LF, LF step diagonal (11:30)

5&6RF step forward, LF step next to RF, RF step forward (12:00)

7&8LF step forward, recover on RF, LF step next to RF

A2: HEEL JACK, HEEL JACK WITH ¼ TURN LEFT, PIVOT TURN STEP, FULL TURN FORWARD

1&2&RF across LF, LF to the side, RF heel to the right diagonal, RF next to LF

3&4&LF across RF, RF to the side, LF heel to the left diagonal, turn 1/4 left LF step forward (9:00) weight

5&6RF step forward, ½ turn left recover on LF, RF step forward (3:00)

7&8½ turn right LF back, ½ turn right RF step forward, LF step forward

A3: RF SHUFFLE FORWARD, HEEL TOUCHES, STEP, KICK CROSS 2X, STEP, TOUCH

1&2RF step forward, LF next to right, RF step forward

3&4&LF heel touch to diagonal, LF step next to RF, RF heel touch to diagonal, RF step next to LF

5&6&LF kick forward, LF step across RF, RF step next to LF, LF step next to RF

7&8&RF kick forward, RF step across LF, LF step next to RF, RF touch next to LF

A4: ¼ TURN, 1/2 TURN, R COASTER STEP, STEP CLAP 2X, PIVOT TURN STEP

1-2 Turn $\frac{1}{4}$ right RF step forward (6:00), turn $\frac{1}{2}$ right LF step back

3&4RF step back,LF step next to RF, RF step forward

5&6&LF step forward, Clap, RF step forward, Clap

7&8LF step forward,1/2 turn right recover on RF, LF step next to RF

PART B - 16 COUNTS

B1: R SAILOR STEP,L SHUFFLE, TURN, TURN,KICK OUT, STEP

1&2RF cross behind LF,LF step next to RF,RF step side right

3&4LF step forward, RF step next to LF, LF step forward

5-61/4turn right RF step forward, $\frac{1}{2}$ turn right LF step back

7&8&RF kick forward, RF step out to right side, LF step out to left side,RF step next to LF

B2: STEP, TOUCH, STEP, TOUCH,3/4 TRIPPLE TURN, R COASTER STEP, L SIDE MAMBO

1&2&LF step forward, RF touch next to LF,RF step back,LF touch next to RF

3&4 $\frac{1}{4}$ turn left LF step forward,1/2 turn left RF step back, LF step next to RF

5&6RF step back,LF step next to RF, RF step forward

7&8LF rock to the side, recover weight on RF, LF next to RF

TAG: HOLD after wall 9 hold for 3 counts

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