

Life's About Joy And Pain

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Count: 48

Wall: 4

Level: Intermediate

Choreographer: Michel Cabana - August 2018

Music: Life's About to Get Good by Shania Twain

Tag: 4 count Tag after walls 1, 3 & 5

Restart: On wall 6 after 16 counts

SIDE, TOGETHER, SHUFFLE SIDE, CROSS ROCK, RECOVER, SHUFFLE ¼ TURN LEFT

- 1-2** Step right to the right, step left beside right
- 3&4** Step right to the right step left beside right, step right to the right
- 5-6** Cross rock left over right, recover on the right
- 7&8** Step left to the left, step right beside left, pivot ¼ turn left as you step forward on the left

PADDLE TURNS, ROCK & BACK, WALK BACK TWICE, COASTER STEP

- 1-2** Pivot ¼ turn left as you touch right to the right, pivot ¼ turn left as you touch right to the right
- 3&4** Rock forward on the right, recover on the left, step back on the right
- 5-6** Step back on the left, step back on the right
- 7&8** Step back on the left, step right beside left, step forward on the left

ROCK & TOGETHER, WALK, WALK, ROCK & TOGETHER, WALK, WALK

- 1&2** Rock forward on the right, step back slightly on the left, step right beside left
- 3-4** Step forward on the left, step forward on the right
- 5&6** Rock forward on the left, step back slightly on the right, step left beside right
- 7-8** Step forward on the right, step forward on the left

ROCK, RECOVER, SHUFFLE ½ TURN RIGHT, WALK, WALK, SHUFFLE ½ TURN RIGHT

- 1-2** Rock forward on the right, recover on the left
- 3&4** Pivot ¼ turn right as you step right to the right, step left beside right, pivot ¼ turn right as you step right forward
- 5-6** Step left forward, step right forward

7&8 Pivot ¼ turn right as you step left to the left, step right beside left, pivot ¼ turn right as you step left back

¼ ROCK, RECOVER, CROSS SHUFFLE, ¼ RIGHT, ¼ RIGHT, CROSS MAMBO

1-2 Pivot ¼ turn right as you rock right to the right, recover on the left

3&4 Cross right over left, step left to the left, cross right over left

5-6 Pivot ¼ turn right as you step left back, pivot ¼ turn right as you step right to the right

7&8 Cross rock left over right, recover on the right, step left to the left

CROSS, BACK, SHUFFLE SIDE, CROSS ROCK, RECOVER, ¼ LEFT, TOUCH

1-2 Cross right over left, step back on the left

3&4 Step right to the right, step left beside right, step right to the right

5-6 Cross rock left over right, recover on the right

7-8 Pivot ¼ turn left as you step left forward, touch right beside left

TAG: MAMBO RIGHT, MAMBO LEFT

1&2 Rock right to the right, recover on the left, step right beside left

3&4 Rock left to the left, recover on the right, step left beside right

RESTART: Restart on wall 6 after 16 counts

Contact: thecrazysoles@rogers.com