

Life on Repeat

LINEDANCE.COM

Count: 64

Wall: 2

Level: Improver

Choreographer: Maria & Kevin Smith - August 2019 - Version 1;1

Music: Life on Repeat, by Ashleigh Dallas, Album Reflections - iTunes - Time 3.19 Min - b.p.m. 176

Starts on vocals after count 64.

V STEP,SIDE,TOUCH,SIDE,TOUCH

1,2,3,4,step R fwd to side, step L fwd to side, step R back, touch L next to R

5,6,7,8step L to side, touch R next L (clap), step R to side, touch L next R (clap)

V STEP,SIDE, TOUCH, SIDE, TOUCH

1-8repeat last 8 counts leading L fwd,

VINE RIGHT, TOUCH, VINE LEFT, TOUCH

1,2,3,4,step R to side, step L behind R, step R to side, touch L next to R

5,6,7,8,step L to side, step R behind L, step L to side, touch R next L,

RIGHT HEEL, ¼ TURN, LEFT HEEL, RIGHT HEEL STRUT, LEFT HEEL STRUT,

1,2,3,4,R heel fwd, R heel tog, ¼ turn left L heel fwd, L heel tog. (9.00)

5,6,7,8,R heel strut fwd, L heel strut fwd,

MAMBA FWD, HOLD,MAMBA BACK, HOLD

1,2,3,4,step R fwd, step back L, step R back, HOLD

5,6,7,8,step back L, step R fwd, step fwd L, HOLD

SLOW ¼ PIVOT TURN, STEP POINT, STEP POINT,

1,2,3,4,step R fwd, ¼ pivot turn left taking 3 count wt ends on L, (6.00)

5,6,7,8,step fwd R, point L to side, step fwd L, point R to side,

ROCK, CROSS,SIDE, HOLD, ROCK, CROSS, SIDE, HOLD,

1,2,3,4,rock R across L, take wt L, step R to side, HOLD

5,6,7,8,rock L across R, take wt R, step L to side, HOLD, (finish dance here wall 8)

FWD, TOUCH, BACK, KICK,ROCK BACK, FWD,TOUCH HOLD

1,2,3,4step R fwd, touch L behind R, step back L, kick R fwd,

5,6,7,8,rock back R, fwd L, touch R next L, HOLD

[64] START AGAIN

End of Walls 1-3-6

REPEAT last 4 counts of dance

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