

# My Whole Life Long

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**Count:** 32      **Wall:** 2      **Level:** Improver

**Choreographer:** Nathan Gardiner (Scotland) February 2020

**Music:** My Whole Life Long by Delta Rae

## Intro: 16 counts

### Cross Rock, Side Rock, Recover, Cross Shuffle, Side Rock, Recover

- 1-2      Cross rock R over L, Recover on L
- 3-4      Rock out to R side, Recover on L
- 5&6      Cross R over L, Step L to L side, Cross R over L
- 7-8      Rock out to L side, Recover on R

### Cross Shuffle, $\frac{1}{4}$ L, $\frac{1}{4}$ L, Rock Forward, Recover, Coaster Step

- 1&2      Cross L over R, Step R to R side, Cross L over R
- 3-4 $\frac{1}{4}$  L stepping back on R,  $\frac{1}{4}$  L stepping forward on L**
- 5-6      Rock forward on R, Recover on L
- 7&8      Step back on R, Step L next to R, Step forward on R (slightly crossed over L)

### Side L, Behind, Side L, Touch, $\frac{1}{4}$ R, $\frac{1}{2}$ R, $\frac{1}{4}$ R, Cross

- 1-2      Step L to L side, Step R behind L
- 3-4      Step L to L side, Touch R next to L
- 5-6 $\frac{1}{4}$  R stepping forward on R,  $\frac{1}{2}$  R stepping back on L**
- 7-8 $\frac{1}{4}$  R stepping R to R side, Cross L over R**

### Chasse R, Rock Back, Recover, Chasse L, Behind, Side L

- 1&2      Step R to R side, Step L next to R, Step R to R side
- 3-4      Rock back on L, Recover on R
- 5&6      Step L to L side, Step R next to L, Step L to L side
- 7-8      Step R behind L, Step L to L side

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