

# AB Life Rolls On

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**Count:** 32      **Wall:** 1      **Level:** Absolute Beginner / Beginner

**Choreographer:** Janet Cummings (USA) - 16 February 2021

**Music:** - Florida Georgia Line

**Intro: 16 Counts - No Tags/Restarts**

**Weight on Left...**

**SECTION 1: R POINT TO SIDE, TOUCH CENTER, STEP FORWARD, L TOUCH; L POINT TO SIDE, TOUCH CENTER, STEP BACK, R TOUCH**

**1, 2, 3, 4 R Point to Side, Touch to Center, Step Forward, L Touch to Center**

**5, 6, 7, 8 L Point to Side, Touch to Center, Step BACK, R Touch to Center**

**NOTE: Beginners...to make this a 4-wall dance,**

**change the last two counts - Turn  $\frac{1}{4}$  Left-Step L (7), Touch R (8).**

**SECTION 2: ROCKING TOE STRUT**

**1, 2 R Toes Step Back, Drop Heel**

**3, 4 L Toes Step Forward, Drop Heel**

**5, 6 R Toes Step Back, Drop Heel**

**7, 8 L Toes Step Forward, Drop Heel**

**SECTION 3: R HEEL GRIND, L STEP TOGETHER, R POINT TO SIDE, CLOSE; L HEEL GRIND, R STEP TOGETHER, L POINT TO SIDE, CLOSE**

**1, 2 R Heel Grind, L Step Together**

**3, 4 R Point to Side, R Step Next to L with Weight**

**5, 6 L Heel Grind, R Step Together**

**7, 8 L Point to Side, L Step Next to R with Weight**

**Note: If you struggle with Heel Grinds, simply Step to Side, Step Together, Point, Close**

#### **SECTION 4: MODIFIED K STEP**

**1, 2 R Step Diagonally Forward, L Touch,**

**3, 4 L Step Diagonally Back, R Touch**

**5, 6 R Step Diagonally Back, L Touch**

**7, 8 L Step Diagonally Forward, R Cross-Hitch**

**\*\*\*Note...Dancers, this dance is # 23 in my AB Series (#59 overall). Please feel free to check out the others.**

**In this dance we do a Rocking Toe Strut, and we get more practice with a Heel Grind. This cute little dance also encourages balance, and it does not take up much space so it fits right into today's Social Distancing...use it on its own...or as a floor split.**

**As always, so very grateful for your support, do be well and safe, always. God bless.**

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