

This Is Our Life

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Micaela Svensson Erlandsson (SWE) - March 2022

Music: - Bosson

Intro - 36 counts after heavy beat.

Restart: On Wall 10, after the Kick Ball Step, in section 3 (facing 3 O'clock).

****Dedicated to my lovely husband Mikael Erlandsson " LD Crazy Mike"**

Section 1: Walk. Walk. Forward Lock Step. Step. Knee Pop $\frac{1}{2}$ Pivot right. Back Rock.

- 1-2 Walk forward on right. Walk forward on left.
- 3&4 Step forward on right. Lock left behind right. Step forward on right.
- 5-6 Step forward on left. Pop both knees turning $\frac{1}{2}$ over right shoulder. (Weight on left)
- 7-8 Rock back on right. Recover onto left.

Section 2: Cross. Point. Cross. Point. Sailor Step. Touch. Unwind $\frac{1}{2}$ left

- 1-2 Cross right over left. Point left to left side.
- 3-4 Cross left over right. Step right to right side.
- 5&6 Cross right behind left. Rock left to left side. Recover onto right.
- 7-8 Touch left toes back. Unwind $\frac{1}{2}$ over your left shoulder.

Section 3: Step. Turn $\frac{1}{2}$ left. Kick Ball Step. Walk. Step. $\frac{1}{4}$ Turn right. Cross.

- 1-2 Step forward on right. Turn $\frac{1}{2}$ left.
- 3&4 Kick right foot forward. Step right in place. Step forward on left.

Restart here: Wall 10 facing 3 O'clock

- 5 Walk forward on right.
- 6-8 Step forward on left. Turn $\frac{1}{4}$ right. Cross left over right.

Section 4: $\frac{1}{4}$ Turn left. $\frac{1}{4}$ Turn left. Forward Lock Step. Full Turn. Step. $\frac{1}{2}$ Pivot. Hold.

- 1-2 Turn $\frac{1}{4}$ left stepping back on right. Turn $\frac{1}{4}$ left stepping left to left side.
- 3&4 Step forward on right. Lock left behind right. Step forward on right.
- 5-6 Make a full turn forward over your right shoulder, stepping left, right.

7-8 Step forward on left. Turn ½ Right leaving weight on left foot. Hold.

Note: The music slows down or changes rhythm during Wall 9.

It may feel like you are out of rhythm for a short while but just keep on dancing at the same speed and you'll be back in rhythm before the wall is done.

Last Update - 13 Mar 2022

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=158667