

# RIDE THE RHYTHM/LIFE HAS MEANING

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**Count:** 32

**Wall:** 4

**Level:** intermediate

**Choreographer:** Pam Dailey

**Music:** Life Has Meaning by James JD Wilkerson

## **CROSS, TOUCH, BACK, TOUCH, HALF TURN, (WITH ARM MOVEMENTS) SIDE BODY ROLL**

**1-2** Cross right toe over left & touch, bring right toe back & touch out to right side

**Cross arms in front as you cross toe in front, bring arms back out to sides on the touch**

**3-4** Cross right toe behind left & touch, touch right toe out to right side

**Cross arms in front as you cross toe behind, bring arms back out to sides on the touch**

**Weight is on left foot for first four counts**

**5-6** Sweep right toe around to right making  $\frac{1}{2}$  turn step on right, then left

**7-8** Side body roll or hip roll to right and back to left (weight is on left)

## **FORWARD MOON WALK RIGHT, LEFT, RIGHT, LEFT, HEEL JACK, STEP, SLIDE TOUCH**

**1-4** Slide right toe forward step, slide left toe forward step, repeat: right - left

**5-6** Step back on right place left heel forward, bring left foot back in place and touch right toe beside left

**7-8** Step on right toe out to right side, slide left toward right foot placing weight on left and touching right toe out to right side

**When you slide left to right you will actually step on left about where your right toe was and your right toe now will touch or point to right a little farther**

## **CROSS $\frac{1}{2}$ TURN, KICK BALL STEP, & TWO SETS OF "TUSHIE SITS"**

**1-2** Cross right over left, turn  $\frac{1}{2}$  turn to left keeping weight on left

**3&4** Kick right foot forward, bring right back and step, place left foot forward

**5** Bending kneeing & left foot forward lower hips down (as if you were going to sit down)

**6** Now bring the hips back up & straighten right knee

**Keep left knee out front and slightly bent. For lack of a better name we called it a "tushie sit"**

**7-8** Repeat 5-6

**You can call it down, up, down, up**

**LEFT COASTER STEP, TOUCH CROSS, TOUCH CROSS, ¼ TURN LEFT WITH HIP ROLL**

**1&2** Step back on left, back on right, forward on left

**3-4** Touch right toe to right side, cross right over left (weight on right)

**5-6** Touch left toe to left, step left behind right (weight on left)

**7-8** Keep weight on left foot roll hips and knees left to right twice while making ¼ turn left

**REPEAT**