

This Is Nightlife

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Debbie Rushton (UK) - June 2025

Count in: After 32 counts

Tag: At the end of wall 1 and wall 4

WALK WALK R LOCK STEP, ROCK RECOVER, BEHIND SIDE CROSS

1 2 Walk forward R, L

3&4 Step R forward, Lock L behind R, Step R forward

5 6 Rock forward on L, Recover back onto R sweeping L around

7&8 Cross L behind R, Step R to R side, Cross L over R

SIDE DRAG, BALL CROSS TURN SIDE HOLD & ROCK ROCK

1 2 Step R big step to R side, Drag L towards R

&3 4 Step L beside R, Cross R over L, Make $\frac{1}{4}$ turn R stepping L back (3 o'clock)

5 6 Make $\frac{1}{4}$ turn R stepping R to R side, Hold count 6 (6 o'clock)

&7 8 Step L beside R, Step R out to R side pushing R hip out, Step L out to L side L pushing L hip out

ROCK FLICK, CROSS SHUFFLE, ROCK $\frac{1}{4}$ TURN, SHUFFLE $\frac{1}{2}$ TURN

1 2 Rock R out to R side, Recover onto L angling body to L diagonal and flick R leg up behind

3&4 Cross R over L, Step L to L side, Cross R over L

5 6 Rock L out to L side, Recover onto R making $\frac{1}{4}$ turn R (9 o'clock)

7&8 Make $\frac{1}{4}$ turn R stepping L to L side, Step R beside L, Make $\frac{1}{4}$ turn R stepping L back (3 o'clock)

BACK ROCK, CROSS ROCK RECOVER, CROSS ROCK RECOVER, STEP $\frac{1}{2}$ TURN

1 2 Rock back on R, Recover forward onto L

3&4 Cross R over L, Rock L out to L side, Recover onto R

5&6 Cross L over R, Rock R out to R side, Recover onto L

7 8 Step R forward, Pivot $\frac{1}{2}$ turn L taking weight onto L (9 oclock)

TAG - 32 counts (NC2 rhythm)

End of wall 1 facing 9 oclock

End of wall 4 facing 12 oclock

STEP SWEEP CROSS $\frac{1}{4}$ TURN, SIDE DIP, CROSS ROCK

1 2 Step R forward, Sweep L around from back to front

3 4 Cross L over R, Make $\frac{1}{4}$ turn L stepping R back

5 6 Step L to L side dipping body as you drag R towards L on 6

7 8 Cross rock R over L, Recover back onto L

SIDE ROCK, BACK ROCK, $\frac{1}{4}$ TURN $\frac{1}{2}$ TURN STEP $\frac{1}{2}$ TURN

1 2 Rock R out to R side, Recover onto L

3 4 Rock back on R, Recover onto L

5 6 Make $\frac{1}{4}$ turn L stepping back on R, Make $\frac{1}{2}$ turn L stepping L forward

7 8 Step R forward, Pivot $\frac{1}{2}$ turn L taking weight onto L

REPEAT THE ABOVE 16 COUNTS TO COMPLETE THE TAG