

Life Is A Long Way To Run (



)

LINEDANCE.COM

Count: 32

Wall: 4

Level: Beginner/Intermediate

Choreographer: Anita Wittenberg (Jan 09)

Music: Life Is A Long Way To Run by Dancelife (CD: 85bpm)

□□ **16 Count intro** 16□□□

□□□

¼ Turn Step, ¼ Turn Step, ¼ Turn Step

Back, Step Back, ¼ Turn Step, Drag

1/4□ , 1/4□ 1/4□ □ , 1/4□ , □□

1

RF ¼ turn right step forward

□□ **90**□□□□□

2

LF ¼ turn right step side left

□□ **90**□□□□□

&

RF ¼ turn right step back (9:00)

□□ **90**□□□□□ (□□ **90**□□)

3

LF step back □□□□

4

RF ¼ turn right step side right (12:00)

□□ 90□□□□ (□□ 12□□)

5,6

LF drag to RF □□□□

□□□

Knee Swivel, Kick, Step,

Slide, Drag □□ , □ , □ □ □□

7

LF swivel knee in front of right leg

□□□□□□□

8

LF kick diagonally left

□□□□□

9

LF step next to RF

□□□□

10

RF slide side right

□□□□□

11

RF drag towards LF

□□□□□□□

12

RF drag next to LF

□□□□

□□□

Cross, Step, ¼ Turn Cross,

Step Back, ½ Turn Step, ¾ Turn Ronde

□□ , □□ , 1/4□□ , □□ , 1/2, □□ 3/4

13

RF step diagonally forward left

□□□□□□□□

14

LF step side left

□□□□

&

RF ¼ turn right cross in front of LF

□□ 90□□□□□□□□

15

LF step back □□□□

16

RF ½ turn right step forward

□□ 180□□□□

17,18

RF ¾ turn right sweeping LF (6:00)

□□□□□□ 270□□□□ (□□ 6□□)

□□□

Step, 1/4 Turn Step, 1/2 Turn,

Step Back, 1/2 Turn Step, Step Back 1/4 Turn

□ , 1/4, 1/2, □ , 1/2□ , 1/4□

19

LF step forward □□□□

20

LF 1/4 turn left step RF next to LF

□□ 90□□□□□

21

1/2 turn left weight on both feet

□□ 180□□□□□□

22

LF step back □□□□

23

RF 1/2 turn right step forward

□□ 180□□□□□

24

LF step back 1/4 turn right (6:00)

□□□□□□ 90□ (□□ 6□□)