

# IT'S MY LIFE (AKA GONE)

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**Count:** 32                      **Wall:** 4                      **Level:** Intermediate level

**Choreographer:** Earleen Florka

**Music:** It's My Life by No Doubt [CD: The Singles]

**Or Music: Gone by Montgomery Gentry [ 120 bpm WCS / CD: You Do Your Thing]; Somebody Like You by Keith Urban [ 112 bpm ECS/Cha/Mambo / CD: Golden Road ]**

## SLIDE LEAN, DRAG, BODY ROLL, WALKS

- 1            Step our right (while slightly leaning to right)
- 2            Drag right toe next to left instep
- 3&4        Body roll (starting with head, rolling down shoulders, hips, knees)
- 5-8        Step forward right, left, right, left (left takes weight)

## KICK RIGHT, STEP, TOUCH HOLD, BUMPS, STEP, TOUCH, SWEEP

- 9            Kick right forward
  - &            Step back on right
  - 10          Touch left toe forward-hold
  - 11&12      Bump left hip forward 2 times (keeping weight on right)
  - 13          Step down on left
  - 14          Touch right next to left (left takes weight)
- 15-16 ¼ Turn sweep to left with right toe (while pivoting on left foot)**

## KICK & STEP, HEEL TAPS, CROSS STEP TOUCH, TURN, HEEL TAPS

- 17          Kick right forward
- &18        Step back right, left (left takes weight)
- &19        Lift both heels up/down (using both knees to pop up/down)
- &20        Repeat &19 (on count 20, left takes weight)
- 21&22     Cross right over left, step back on left, touch right forward
- &23        Lift up/down on both heels while pivoting 1/8 turn to left (using both knees to pop up/down)
- &24        Repeat &23 (left takes weight on count 24)

**CROSS HEEL JACKS RIGHT & LEFT, ¼ TURN LEFT CROSS HEEL JACKS, STEP BACK, HEEL TOUCH, STEP CENTER, TOE TOUCH, KNEE LIFT UP**

**&25&26** Cross right over left, step left to left, touch right heel forward

**&27&28** Cross left over right, step right to right, touch left heel forward

**&29&30** ¼ turn left on left, cross right over left, step back on left, touch right heel forward

**&31** Step back on right, touch left toe forward

**&32 Step left to center, hitch right knee next to left REPEAT**

**I dedicate this dance to Kim Bowers**