

# IT'S MY LIFE

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** intermediate

**Choreographer:** Earleen Florka

**Music:** It's My Life by No Doubt

## 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 $\frac{1}{4}$  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  $\frac{1}{8}$  turn to left (using both knees to pop up/down)
- &24 Repeat &23 (left takes weight on count 24)

## CROSS HEEL JACKS RIGHT & LEFT, $\frac{1}{4}$ 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&30¼** 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**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=49177](https://www.linedance.com/index.php?f=dance_view&id=49177)