

Life Is A River

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Count: 96

Wall: 4

Level: Intermediate

Choreographer: Judith Campbell "Hooked On Country" NZ (Feb 2013)

Music: "Life Is A River" by Derek Ryan

Intro: 24 - Start on the word - "WALKING" - No Tags or Restarts

[1 - 12] TWO WALKS DRAG FWD - FWD COASTER - STEP DRAG BACK

1 - 6 Walk fwd R, dragging L ft in for 2 counts, walk fwd on L, drag R in for 2 counts

1 - 6 Step fwd on R ft, bring L next to R, step back onto R ft, step back on L ft, drag R in 2 counts

[13 - 24] 1/4 SWAY R - L - 1/4 SWAY R - L

1 - 6(turning 1/4 to R) Step/slide R ft to R.Side sway, sway out to LS while dragging R ft next to L ft (3:00)

1 - 6(turning 1/4 to R) Step/slide R out to RS sway, sway to LS dragging R ft next to L ft (6:00)

[25 - 36] TWO WALTZ STEPS - to RS Turning - WALTZ FWD / BACK

1 - 6(Turn Waltz Step) Stepping RLR, LRL moving across to R Side

1 - 6 Basic waltz step fwd RLR, waltz back LRL

[37 - 42] STEP FWD HOOK - STEP BACK LEG SWING

1 2 3 Step fwd on R ft, hook L ft up behind R calf, HOLD

4 5 6 Step L ft back, swing R ft/leg (just off floor) around to RS

[43 - 48] BEHIND SIDE FRONT (weave) - BIG SIDE STEP DRAG

1 2 3 Step R behind L, step L to LS, step R across L,

4 5 6 Big step L to L side, drag R ft in for 2 counts on ball

[49 - 54] CROSS ROCK - TWO TOE KNOCKS - BEHIND SIDE

1 2 3 Cross/step R over L, knock L ft on toe twice behind R ft, (L ft finishes off floor)

4 5 6 Step L ft behind R, step R to RS, step L across in front of R

[55 - 60] STEP SCUFF - HEEL TAP - STEP - HOLD

1 2 3 Step R to R, scuff L across R, Lift and lower R heel (heel tap),

4 5 6 Step L ft across R, HOLD 2 counts

[61 - 66] TWO HALF PIVOT TURNS to L

1 - 6 Step Fwd on R ft, pivot 1/2 to L, hold (12:00), step fwd on R, pivot 1/2 to L, hold (6:00)

[67 - 72] TWO SLOW SAMBAS

1 2 3 Cross R over L, step L to L side , step R in place, (body facing 2:00)

4 5 6 Cross L over R, step R to R side, step L in place, (body facing 10:00)

[73 - 90] ROCK FWD HOLD - RECOVER - TURN - WALK WALK - (3 times in all)

1 2 3 Step fwd on R ft, HOLD 2 counts (R arm fwd)

4 5 6 Step back onto L ft, (turning 1/2 R) - stepping fwd onto R ft, step fwd on L ft (12:00)

1 2 3 Step fwd on R ft, HOLD 2 counts (R arm fwd)

4 5 6 Step back onto L ft, (turning 1/2 R) - stepping fwd onto R ft, step fwd on L ft (6:00)

1 2 3 Step fwd on R ft, HOLD 2 counts (R arm fwd)

4 5 6 Step back onto L ft, (turning 1/2 R) - stepping fwd onto R ft, step fwd on L ft (12:00)

[91 - 96] STEP FWD on R - turning 1/4 R - SWEEP L to FRONT - DRAG

1 2 3 Step fwd on R ft, sweep L ft around to front for 2 counts,

4 5 6 Step down onto L ft, drag R in next to L, (3:00)

[96] START DANCE IN NEW DIRECTION - Enjoy just let it flow

This is a beautiful song with lovely lyrics

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