

One Life, Live It Up

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Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Yann Gourvellec, Carole Gourvellec - May 2018

Music: Live It Up - Nicky Jam feat. Will Smith & Era Istrefi (2018 FIFA World Cup Russia)

Cross rock, Side shuffle, Cross rock, Shuffle 1/4 :

- 1-2 Cross rock Rf over Lf, Recover on Lf
- 3&4 Step Rf to R side, Step Lf next to Rf, Step Rf to R side
- 5-6 Cross rock Lf over Rf, Recover on Rf
- 7&8 Make a 1/4 turn L fwd on Lf, Close Rf behind Lf, Step Lf fwd

2x Hip rolls 1/4, Jazz box :

1-2¼ turn L stepping Rf to R side & pushing your hip back and to R

3-4¼ turn L stepping Rf to R side & pushing your hip back and to R

- 5-6 Cross Rf over, Step Lf back
- 7-8 Step Rf to R side, Step fwd on Lf

Step, Touch, Back, Touch, Side, Touch, Rock step, Coaster step :

- 1-2 Step Rf fwd (slightly into the diagonal), Touch Lf next to Rf
- &3 Step Lf back, Touch Rf next to Lf
- &4 Step Rf to R side, Touch Lf next to Rf
- 5-6 Rock L fwd, Recover on Rf
- 7&8 Step Lf back, Step Rf next to Lf, Step Lf fwd

Full turn, Triple fwd, 2x stomp, Applejacks :

- 1-2 Make 1/2 turn L stepping back on Rf, Make 1/2 turn L stepping fwd on Lf
- 3&4 Step Rf fwd, Close Lf behind Rf, Step Rf fwd
- 5-6 Stomp Lf to L side, Stomp Rf to R side.
- &7 Swivel L toe to L as you twist R heel inward, recover to center
- &8 Swivel R toe to R as you twist L heel inward, recover to center

Easy option : In the last section instead of making Full turn you can do 2 Walks.

And instead of making applejacks you can do Out-In Out-In Swivels :

&7 Rising on balls of feet swivel both heels out, Swivel both heels in

&8 Still on balls of feet swivel both heels out, Swivel both heels in (weight on left)

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=125754