

A Lifetime

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Count: 32

Wall: 4

Level: Intermediate NC

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Music: 'A Lifetime' - Hush. - iTunes.

#16 Count Intro - Approx. 13 seconds - (Begin on Lyric)

Basic R, Step L, Behind, Turn $\frac{1}{4}$ L, Turn $\frac{1}{2}$ L with Sweep, L Behind, Step R, Cross Rock L, Recover, Step L

- 1,2&** Step long Step R on R, Step L behind R, Cross R in front of L
- 3,4&** Step L to L side, Step R behind L, Turn $\frac{1}{4}$ L step L fwd (9:00)
- 5** Turn $\frac{1}{2}$ L step back on R sweeping L from front to back (3:00)
- 6&7** Step L behind R, Step R to R side, Cross L in front of R
- 8&** Recover on R, Step L to L side

Cross Rock R, Recover, Step R, Cross Unwind R, Chasse R, Chasse L, Step $\frac{1}{2}$ Turn in diagonal, Step L together, Step R

- 1,2&** Cross R in front of L, Recover on L, Step R to R side
- 3** Cross L in front of R while making a full turn R hitching R beside L
- 4&5** Step R to R side, Step L beside R, Rock R to R side ***
- 6&7** Step L to L side, Step R beside L, Step L to L side (turn L foot to L diagonal)
- 8&1** Step fwd on R in the diagonal (1:30) while turning $\frac{1}{2}$ turn L, Step L beside R, Step fwd on R (7.30)

Part of a Diamond, Lunge L, Recover, Shuffle $\frac{1}{2}$ L

- 2&3** Cross L in front of R, Step back on R, Step back on L (4:30)
- 4&5** Step behind R, Step L to L side, Cross R in front of L (1:30)
- 6,7** Lunge fwd on L, Recover on R
- 8&1** Turn $\frac{1}{4}$ L step L to L side, Step R beside L, Turn $\frac{1}{4}$ L Step L fwd (7:30)

Cross R, Back, Back, Cross L, Back, Back, Rock Back, Pencil Turn on L, Touch, Point, Touch

- 2&3** Cross R in front of L, Step back on L, Step back on R

- 4&5** Cross L in front of R, Step back on R, Step back on L
- 6,7** Rock back on R, Recover on L making a 1/8 pencil turn L (3:00)
- &8&** Touch R beside L, Point R to R side, Touch R beside L

Start again

*****Tag & Restart During Wall 3 (6:00) - Sec. 2 after Count 5 - Chasse ¼ L, Touch, Point, Touch****

- 6&7** Step L to L side, Step R beside L, turn ¼ L stepping L fwd (6:00)
- &8&** Touch R beside L, Point R to R side, Touch R beside L

Tag - after Wall 7 - Basic R, Basic L (6:00)

- 1,2&** Step long Step R on R, Step L behind R, Cross R in front of L
- 3,4&** Step long Step L on L, Step R behind L, Cross L in front of R

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