

Life Moves On - (Livet Går Videre)

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Count: 32 **Wall:** 2 **Level:** Improver

Choreographer: Jessica Boström (SWE) August 2017

Music: Livet går videre - Rasmus Seebach - 4.08 min - iTunes

Intro: 16 counts (app. 12 secs. into track) Start with weight on L.

S1: Fwd Rock. Side Rock. Behind Side. Cross Shuffle. Extended Weave.

- 1&2&** Rock R fwd, recover onto L, Rock R to R side, recover onto L.
- 3&** Step R behind L, step L to L side.
- 4&5** Cross R over L, step L to L side, cross R over L as you sweep L from front to back.
- 6&7&** Cross L over R, step R to R side, step L behind R, step R to R side.
- 8&1** Cross L over R, step R to R side, step L behind R as you sweep R from front to back.

S2: Behind Side Fwd. Step Turn Step. Full Turn. Walk. Walk.

- 2&3** Step R behind L, step L to L side, step R fwd.
- 4&5** Step L fwd, turn 1/2 R stepping onto R, step L fwd. (6.00)
- 6&** Turn 1/2 L stepping back on R, turn 1/2 L stepping fwd on L. (6.00)

(easier option: two small runsteps fwd R,L.)

- 7-8** Step R fwd. Step L fwd.

*** Tag and restart here on wall 3.**

S3: Rumbabox 1/4 L x 2.

- 1&2** Step R to R side, step L beside R, step R back.
- 3&4** Step L to L side, step R beside L, turn 1/4 L stepping L fwd. (3.00)
- 5&6** Step R to R side, step L beside R, step R back.
- 7&8** Step L to L side, step R beside L, turn 1/4 L stepping L fwd. (12.00)

S4: Mambo Step. Coaster Cross. 1/4 1/4 Cross. Side Rock Cross.

- 1&2** Rock R fwd, recover onto L, step R back.
- 3&4** Step L back, step R beside L, cross L over R.
- 5&6** Turn 1/4 L stepping back on R, turn 1/4 L stepping L to L side, cross R over L. (6.00)
- 7&8** Rock L to L side, recover onto R, cross L over R and slightly fwd.

*** There is one 4 count Tag with a Restart on wall 3 (12.00)**

Make a slow rocking chair (6.00). Then restart from beginning.

Tag: 1-2-3-4. Rock R fwd. Recover on L. Rock R back. Recover on L.

Contact: jessica.bostrom@hotmail.com (If you need help with music.)