

ALL MY LIFE

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Count: — **Wall:** 4 **Level:** beginner/intermediate

Choreographer: Cynthia Skublak

Music: All My Life by Mustafa Sandal

Sequence: B A A B A A B A A B A

PART B

PADDLE FULL TURN RIGHT, MAMBO STEP LEFT RIGHT

- 1&2&3&4** Step right with $\frac{1}{4}$ turn right, step left ball beside right x 4
- 5&6** Step left forward, step right in place, step left beside right
- 7&8** Step right back, step left in place, step right beside left

PADDLE FULL TURN LEFT, MAMBO STEP RIGHT LEFT

- 9-16** Same steps as 1-8 but opposite direction

OPTIONAL HAND AND SHOULDER MOVEMENT:

- 1-4** Both hand to the left shoulder high, palm facing out, bend body a little to the right, shrug both shoulder up down each time you turn
- 9-12** Same steps as 1-4 but opposite direction, (or do whatever you like, just have fun with it)

PART A

ROCK RECOVER, CROSS SHUFFLE, SIDE SHUFFLE, BEHIND SIDE CROSS

- 1-2** Rock right to right, recover onto left
- 3&4** Cross step right over left, step left to left, cross right over left
- 5&6** Step left to left, step right beside left, step left to left
- 7&8** Step right behind left, step left to left, cross right over left

ROCK $\frac{1}{4}$ TURN, SHUFFLE FORWARD LEFT RIGHT, TRIPLE FULL TURN

- 1-2** Rock left to left, recover $\frac{1}{4}$ turn right
- 3&4** Step left forward, step right behind left, step left forward
- 5&6** Step right forward, step left behind right, step right forward
- 7&8** Triple full turn right - left right left

TWINKLE STEP RIGHT LEFT, SAILOR STEP RIGHT LEFT

1&2 Cross right over left, step left behind right, step right beside left

3&4 Cross left over right, step right behind left, step left beside right

5&6 Cross right behind left, step left to left, step right to right

7&8 Cross left behind right, step right to right, step left to left

CROSS ¼ TURN STEP, MAMBO TOUCH, CROSS TOUCH RIGHT LEFT, CROSS ¼ TURN, HOLD

1&2& Cross right over left, step back on left, ¼ right step right forward, step left beside right

3&4 Rock right to right, recover onto left, touch right beside left

5&6& Cross touch right toe over left, recover right beside left, cross touch left toe over right, recover left beside right

7&8 Cross right over left, turn ¼ right stepping left back, hold, (weight on left)