

Life's Direction

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Count: 64 **Wall:** 2 **Level:** High Improver

Choreographer: David Sinfield (Nov 2013)

Music: Story of My Life by One Direction (115 BPM) iTunes

Dance starts on lyrics

SIDE ROCK, CROSS SHUFFLE, POINT FLICK, CROSS SHUFFLE

- 1-2 Rock right to right, replace weight onto left
- 3&4 Cross right over left, step left to left, cross right over left
- 5-6 Point left toe to left, flick left foot behind left shin
- 7&8 Cross left over right, step right to right, cross left over right

SIDE, CLOSE, RIGHT CHASSE ¼ TURN, ROCK FORWARD, SHUFFLE ½ TURN LEFT

- 1-2 Step right to right, close left beside right
- 3&4 Step right to right, close left beside right, step right into ¼ turn right
- 5-6 Rock forward on left, replace weight onto right
- 7&8 Shuffle ½ turn left stepping left-right-left

CROSS, SIDE, SAILOR STEP, CROSS, SIDE, SAILOR ¼ TURN LEFT

- 1-2 Cross right over left, step left to left
- 3&4 Cross right behind left, step left to left, step right slightly right
- 5-6 Cross left over right, step right to right
- 7&8 Cross left behind right, step right to right, step left into ¼ turn left

KICK RIGHT FORWARD, SIDE, RIGHT SAILOR, KICK LEFT FORWARD, LEFT SAILOR

- 1-2 Kick right foot forward, kick right foot to right side
- 3&4 Cross right behind left, step left to left, step right in place
- 5-6 Kick left foot forward, kick left foot to left side
- 7&8 Cross left behind left, step right to right, step left in place

WALK RIGHT, LEFT, SCISSOR CROSS, ¼ TURN RIGHT, STEP RIGHT BACK, CROSS SHUFFLE

- 1-2 Walk forward right, walk forward left

- 3&4** Step right to right, close left beside right, cross right over left
- 5-6** Step left into $\frac{1}{4}$ turn right, step back right
- 7&8** Cross left over right, step right to right, cross left over right

SIDE ROCK, CROSS SHUFFLE, ROCK $\frac{1}{4}$ TURN, SHUFFLE $\frac{1}{2}$ TURN RIGHT

- 1-2** Rock right to right, replace weight onto left
- 3&4** Cross right over left, step left to left, cross right over left
- 5-6** Rock left to left, turn a $\frac{1}{4}$ turn right replacing weight onto right
- 7&8** Shuffle $\frac{1}{2}$ turn right stepping left-right-left

BACK ROCK, RIGHT SHUFFLE, STEP PIVOT, LEFT SHUFFLE

- 1-2** Rock back on right, replace weight onto left
- 3&4** Step forward right, close left beside right, step right forward
- 5-6** Step left forward, pivot $\frac{1}{2}$ turn right
- 7&8** Step left forward, close right beside left, step left forward

MAMBO FORWARD, MAMBO BACK, STEP PIVOT, TOE BALL, CROSS

- 1&2** Rock forward on right, replace weight onto left, step right beside left
- 3&4** Rock back on left, replace weight onto right, step left beside right
- 5-6** Step forward right, pivot $\frac{1}{2}$ turn left
- 7&8** Touch right toe forward, step right beside left, cross left over right

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