

# LIFE IS A FLOWER

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**Count:** 88

**Wall:** 2

**Level:** intermediate

**Choreographer:** Amy Lemkey

**Music:** Life Is A Flower by Ace Of Base

## **¼ JAZZ BOX, STRAIGHT JAZZ BOX**

- 1-2** Cross right over left, step left back while turning ¼ right
- 3-4** Step right to right side, step left beside right
- 5-8** Cross right over left, step left back, step right to right side, step left beside right

## **WALKS FORWARD WITH ARM FLICKS, WALKS BACK WITH ARM FLICKS**

- 9** Step right forward while flicking right arm forward
- 10** Step left forward while flicking left arm forward

### **Both arms are now forward**

- 11-12** Flick both arms forward twice
- 13** Step right back while putting right arm down
- 14** Step left back while putting left arm down
- 15-16** Flick arms in a downwards motion twice

## **KNEE POP, KICK, FLICK WITH ARMS, ¼ TURN RIGHT, KNEE POPS**

- 17-19** Pop right knee in towards left leg, kick right forward, step right beside left
- 20** Flick left leg backwards while flicking both arms up
- 21** On ball of right foot turn ¼ right while stepping left beside right and popping right knee in
- 22-24** Pop left knee in, pop right knee in, pop left knee in

## **LEFT SHUFFLE, RIGHT SHUFFLE, FULL TURN, STOMP LEFT, STOMP RIGHT**

- 25&26** Step left forward, step right beside left, step left forward
- 27&28** Step right forward, step left beside right, step right forward
- 29** On ball of right foot turn ½ a turn over right shoulder
- 30** On ball of left foot turn ½ a turn over right shoulder
- 31-32** Stomp left beside right, stomp right beside left

## **CROSS STRUT, SIDE STRUT, CROSS STRUT, SIDE STRUT**

- 33-34 Cross left toe over right, step down on left heel
- 35-36 Step right toe to right side, step down on right heel
- 37-38 Cross left toe over right, step down on left heel
- 39-40 Step right toe to right side, step down on right heel

**Instead of side struts you could always shimmy**

## **LEFT SAILOR STEP, RIGHT SAILOR STEP, LEFT BEHIND, UNWIND, HIP ROLLS**

- 41&42 Cross left behind right, step right forward, step left beside right
- 43&44 Cross right behind left, step left forward, step right beside left
- 45-46 Cross left behind right, unwind  $\frac{1}{2}$  a turn over left shoulder
- 47-48 Roll hips to the right over (2) counts

## **HIP BUMPS TRAVELING FORWARD, STOMP RIGHT, STOMP LEFT, BODY ROLL**

- 49&50 Step diagonally forward on right while bumping hips right, left, right
- 51&52 Step diagonally forward on left while bumping hips left, right, left
- 53-54 Stomp right beside left, stomp left beside right
- 55-56 Reversed body roll starting from head to toe

## **SIDE SHUFFLE, BRUSH, SWEEP, SIDE SHUFFLE, BRUSH, SWEEP**

- 57&58 Step right to right side, step left beside, right, step right to right side
- 59 Turn an  $\frac{1}{8}$  right while brushing left foot forward
- 60 Turn an  $\frac{1}{8}$  left while brush left foot over right
- 61&62 Step left to left side, step right beside left, step left to left side
- 63 Turn an  $\frac{1}{8}$  left while brushing right foot forward
- 64 Turn an  $\frac{1}{8}$  left while brushing right foot over left

**You should end facing 9:00 wall from beginning**

## **SIDE STRUT, $\frac{1}{2}$ TURN STRUT, $\frac{1}{2}$ TURN STRUT, $\frac{1}{2}$ TURN STRUT**

- 65-66 Step right toe to right side, step down on right heel
- 67-68 Pivot  $\frac{1}{2}$  a turn over right shoulder stepping left toe to left side, step down on left heel
- 69-70 Pivot  $\frac{1}{2}$  a turn over left shoulder stepping right toe to right side, step down on right heel

**71-72** Pivot  $\frac{1}{2}$  a turn over right shoulder stepping left toe to left side, step down on left heel

### **VAUDEVILLE STEPS, STEP $\frac{1}{2}$ TURN, RIGHT SHUFFLE**

**73&74** Cross right over left, step left back, touch right heel to right diagonal

**&** Step right beside left

**75&76** Cross left over right, step right back, touch left heel to left diagonal

**&** Step left beside right

**77-78** Step right forward, pivot  $\frac{1}{2}$  a turn over left shoulder

**79&80** Step right forward, step left beside right, step right forward

### **VAUDEVILLE STEPS, STEP $\frac{1}{2}$ TURN, $\frac{1}{4}$ TURNING LEFT SHUFFLE**

**81&82** Cross left over right, step right back, touch left heel to left diagonal

**&** Step left beside right

**83&84** Cross right over left, step left back, touch right heel to right diagonal

**&** Step right beside left

**85-86** Step left forward, pivot  $\frac{1}{2}$  a turn over right shoulder

**87&88** While turning a  $\frac{1}{4}$  right step left forward, step right beside left, step left forward

### **REPEAT**