

# DANCE TO LIFE

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**Count:** —                      **Wall:** 2                      **Level:** beginner/intermediate

**Choreographer:** Jette M. Sørensen

**Music:** Life's A Dance by John Michael Montgomery

**Sequence:** AB, AB, Bridge, A(1-32), A to the end

## PART A

### WALK, HOLD RIGHT, LEFT, ROCK FORWARD RIGHT, ½ TURN RIGHT, HOLD

- 1-4            Walk forward stepping right, hold, left, hold
- 5-6            Step forward on right, recover on left
- 7-8            On ball of left make ½ turn right stepping forward onto right, hold

### SCISSORS, HOLD LEFT, RIGHT

- 9-12          Step left to left side, step right next to left, cross left over right, hold
- 13-16        Step right to right side, step left next to right, cross right over left, hold

### BACK LOCK, HOLD, SLOW BACK COASTER RIGHT, HOLD

- 17-20        Step back on left, lock right in front of left, step back on left, hold
- 21-24        Step back on right, step left next to right, step forward on right, hold

### PIVOT ½ TURN RIGHT, STEP FORWARD, HOLD, ROCKING CHAIR RIGHT

- 25-28        Step forward on left, pivot ½ turn right, step forward on left, hold
- 29-32        Rock forward on right, recover on left, rock back on right, recover on left

**During the first time dancing part a after the bridge make a restart at this point**

### VINE RIGHT, TOUCH, ROLLING VINE LEFT, TOUCH

- 33-36        Step right to right, cross left behind right, step right to right, touch left next to right
- 37-40        Step left foot ¼ turn left, step right foot ¼ turn right, step left foot to the left making ½ turn on ball of right, touch right next to left

### WALK BACK RIGHT-LEFT-RIGHT, TOUCH, SLOW SHUFFLE FORWARD LEFT, BRUSH

- 41-44        Walk backwards stepping right, left, right, touch left next to right
- 45-48        Step forward on left, slide right up to left, step forward on left, brush right

### **PIVOT ½ TURN LEFT, STEP FORWARD, HOLD, LOCK STEP FORWARD LEFT, HOLD**

**49-52** Step forward on right, pivot ½ turn left, step forward on right, hold

**53-56** Step forward on left, lock right up behind left, step forward on left, hold

### **ROCKING CHAIR RIGHT TWICE, ROCK STEP FORWARD RIGHT**

**57-60** Rock forward on right, recover on left, rock back on right, recover on left

**61-64** Rock forward on right, recover on left, rock back on right, recover on left

**65-66** Rock forward on right, recover on left

### **PART B**

**Same as A just only until count 48**

### **WALK, HOLD RIGHT, LEFT, ROCK FORWARD RIGHT, ½ TURN RIGHT, HOLD**

**1-4** Walk forward stepping right, hold, left, hold

**5-6** Step forward on right, recover on left

**7-8** On ball of left make ½ turn right stepping forward onto right, hold

### **SCISSORS, HOLD LEFT, RIGHT**

**9-12** Step left to left side, step right next to left, cross left over right, hold

**13-16** Step right to right side, step left next to right, cross right over left, hold

### **BACK LOCK, HOLD, SLOW BACK COASTER RIGHT, HOLD**

**17-20** Step back on left, lock right in front of left, step back on left, hold

**21-24** Step back on right, step left next to right, step forward on right, hold

### **PIVOT ½ TURN RIGHT, STEP FORWARD, HOLD, ROCKING CHAIR RIGHT**

**25-28** Step forward on left, pivot ½ turn right, step forward on left, hold

**29-32** Rock forward on right, recover on left, rock back on right, recover on left

### **VINE RIGHT, TOUCH, ROLLING VINE LEFT, TOUCH**

**33-36** Step right to right, cross left behind right, step right to right, touch left next to right

**37-40** Step left foot ¼ turn left, step right foot ¼ turn right, step left foot to the left making ½ turn on ball of right, touch right next to left

### **WALK BACK RIGHT-LEFT-RIGHT, TOUCH, SLOW SHUFFLE FORWARD LEFT, BRUSH**

**41-44** Walk backwards stepping right, left, right, touch left next to right

**45-48** Step forward on left, slide right up to left, step forward on left, brush right

### **BRIDGE**

#### **VINE RIGHT, TOUCH, ROLLING VINE LEFT, TOUCH**

**1-4** Step right to right, cross left behind right, step right to right, touch left next to right

**5-8** Step left foot  $\frac{1}{4}$  turn left, step right foot  $\frac{1}{4}$  turn right, step left foot to the left making  $\frac{1}{2}$  turn on ball of right, touch right next to left

#### **WALK BACK RIGHT-LEFT-RIGHT, TOUCH, SLOW SHUFFLE FORWARD LEFT, BRUSH**

**9-12** Walk backwards stepping right, left, right, touch left next to right

**13-16** Step forward on left, slide right up to left, step forward on left, brush right

**Dedicated to my beloved husband Poul Erik, who is always there for me, making my life a dance!**