

GET A NEW LIFE

LINEDANCE.COM

Count: 72

Wall: 4

Level: intermediate/advanced line/contra dance

Choreographer: Vern Chovan

Music: The Writing On The Wall by The Mavericks

SYNCPATED HEEL & TOE TOUCHES

- 1 Touch right heel forward
- 2 Touch right toe to the right
- & Step right foot next to left
- 3 Touch left toe to the left
- 4 Hold
- 5 Touch left heel forward
- 6 Touch left toe to the left
- & Step left foot next to right
- 7 Touch right toe to the right
- 8 Hold
- 9-16 Repeat beats 1-8

HOPS, JUMP, CROSS, JUMP, TOGETHER

- 17 Hop to the left on both feet
- 18 Hop to the right on both feet
- 19 Hop to the left on both feet
- 20 Hop to center position on both feet
- 21 Jump both feet apart
- 22 Jump and cross right foot over left
- 23 Jump both feet apart
- 24 Jump both feet together (weight onto left foot)

FORWARD WALK WITH HEEL SWIVELS, KICK, JAZZ SQUARE, TOUCH

- 25 Step forward on ball of right foot and swivel right heel inward
- & Swivel right heel outward

- 26 Step forward on ball of left foot and swivel left heel inward
& Swivel left heel outward
- 27 Step forward on ball of right foot and swivel right heel inward
& Swivel right heel outward
- 28 Kick left foot forward
- 29 Cross left foot over right and step
- 30 Step back on right foot
- 31 Step slightly to the left on left foot
- 32 Touch right foot next to left and clap hands

FORWARD WALK WITH HEEL SWIVELS, KICK, JAZZ SQUARE, TOUCH

- 33 Step forward on ball of left foot and swivel left heel inward
& Swivel left heel outward
- 34 Step forward on ball of right foot and swivel right heel inward
& Swivel right heel outward
- 35 Step forward on ball of left foot and swivel left heel inward
& Swivel left heel outward
- 36 Kick right foot forward
- 37 Cross right foot over left and step
- 38 Step back on left foot
- 39 Step slightly to the right on right foot
- 40 Touch left foot next to right and clap hands

RIGHT HEEL HOOKS, TOE TOUCH, TURN, CLAP

- 41 Touch right heel forward and diagonally to the right
- 42 Cross right foot in front of left shin
- 43 Touch right heel forward and diagonally to the right
- 44 Touch right toe back
- 45 Touch right heel forward and diagonally to the right
- 46 Cross right foot in front of left shin
- 47 Pivot ½ turn to the left on ball of left foot

48 Step right foot next to left and clap hands

LEFT HEEL HOOKS, TOE TOUCH, TURN, CLAP

49 Touch left heel forward and diagonally to the left

50 Cross left foot in front of right shin

51 Touch left heel forward and diagonally to the left

52 Touch left toe back

53 Touch left heel forward and diagonally to the left

54 Cross left foot in front of right shin

55 Pivot $\frac{1}{2}$ turn to the right on ball of right foot

56 Step left foot next to right and clap hands

HEEL-TOE STRUTS FORWARD

57 Step forward onto right heel

58 Slap right toe down onto floor

59 Step forward onto left heel

60 Slap left toe down onto floor

61-64 Repeat beats 57-60

When doing this dance contra, the lines will switch side in this section

TURNING JAZZ SQUARE, STOMP, JAZZ SQUARE, STOMP

65 Step right foot over left rock onto right foot

66 Step back onto left foot in place

67 Step forward on right foot making a $\frac{1}{4}$ turn with the step

68 Stomp left foot next to right (stomp down)

69 Step right foot over left rock onto right foot

70 Step back onto left foot in place

71 Step right foot next to left

72 Stomp left foot next to right

REPEAT

To do this dance contra, modify beat 71 to read:

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=54425