

# How You Live

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**Count:** 48      **Wall:** 2      **Level:** Intermediate waltz

**Choreographer:** Pat Cosgrave, Feilding N.Z.(Jan 2015)

**Music:** How You Live (Turn Up the Music) by Point Of Grace. Album: How You Live (Deluxe Edition)

**Intro: Dance starts on the word "Up" of the first vocals "Wake Up to the sunlight...."**

## **S1: CROSS R, UNWIND ½ L, L BACK LOCK**

- 1, 2, 3**      Cross R over L, Unwind ½ L turn (2 counts)
- 4, 5, 6**      Step L back on L 45 degrees, Step R back across L, Step L back on L 45 degrees (6.00 o'clock)

## **S2: R FULL TURN (RLR), L CROSS WALTZ**

- 1, 2, 3**      Make ¼ R turn step R fwd, Make ½ R turn step L back, Make ¼ R turn step R to R side
- 4, 5, 6**      Cross L over R, Rock R to R side, Recover L to L side (6.00 o'clock)

## **S3: FWD R, PIVOT ½ L DRAG L TO R, FWD L FULL TURN (LRL)**

- 1, 2, 3**      Step R fwd, Pivot ½ L while dragging L back beside R (2 counts)
- 4, 5, 6**      Step L fwd, Make ½ L turn step back R, Make ½ L turn step fwd L drag R to L

**(Option for counts 4, 5, 6 Step L fwd, Step R beside L, Step L fwd) (12.00 o'clock)**

## **S4: CROSS, SIDE, BACK, CROSS, BACK, ½ TURN**

- 1, 2, 3**      Step R across L, Step L to L side, Step R back
- 4, 5, 6**      Step L across R, Step R back, Make ½ turn Left step fwd L (6.00 o'clock)

## **S5: R ROCK, RECOVER, CROSS, STEP L TO L SIDE DRAG R TO L (over 2 counts)**

- 1, 2, 3**      Rock R to R side, Recover onto L, Cross R
- 4, 5, 6**      Step L to L side, Drag R to L (2 counts) (6.00 o'clock)

## **S6: R ROCK, RECOVER, CROSS, STEP L TO L SIDE DRAG R TO L (over 2 counts)**

- 1, 2, 3**      Rock R to R side, Recover onto L, cross R
- 4, 5, 6**      Step L to L side, Drag R to L (2counts) (6.00 o'clock)

## **S7: BEHIND ROCK, RECOVER, SIDE, BEHIND, ¼ TURN, ¼ SIDE**

- 1, 2, 3**      Rock R behind L, Recover onto L, Step R to R side \*

4, 5, 6 Step L behind R, Make  $\frac{1}{4}$  turn R step fwd R, Make  $\frac{1}{4}$  turn R step L to L side # (12.00 o'clock)

### **S8: R SAILOR STEP, L CROSS SAMBA $\frac{1}{2}$ TURN**

1, 2, 3 Step R behind L, Step L to L side, Step R to R side

4, 5, 6 Cross L over R, Make  $\frac{1}{4}$  L turn step back on R, Make  $\frac{1}{4}$  L turn step L to L side (6.00 o'clock)

**[48]**

### **BRIDGE (as from 6.00 o'clock)**

### **BR1: R MODIFIED JAZZBOX, L MODIFIED JAZZ BOX**

1,2,3 Cross R over L, Step L back, Step R Back on L 45 degrees

4,5,6 Cross L over R, Step R back, Step L back on R 45 degrees (6.00 o'clock)

### **BR2: FWD R, $\frac{1}{2}$ R TURN, BACK R, LEFT BACK, COASTER STEP**

1,2,3 Step fwd on R, Make  $\frac{1}{2}$  R turn step back on L, Step back on R

4,5,6 Step L back, Step R beside L, Step L fwd (12.00 o'clock)

### **BR3: FWD R LOCK, FWD L LOCK**

1,2,3 Step R fwd, Step L behind R, Step R Fwd

4,5,6 Step L fwd, Step R behind L, Step L fwd (12.00 o'clock)

### **BR4: FWD R, PIVOT $\frac{1}{2}$ L, HOLD**

1,2,3 Step R fwd, Pivot  $\frac{1}{2}$  L, Hold (weight on L) (6.00 o'clock)

### **BR5: FWD R LOCK, FWD L LOCK**

1,2,3 Step R fwd, Step L behind R, Step R fwd

4,5,6 Step L fwd, Step R behind L, Step L fwd (6.00 o'clock)

### **BR6: R ROCK, RECOVER, CROSS R, STEP L TO L SIDE, POINT R, HOLD**

1,2,3 Rock R to R side, Recover onto L, Cross R over L

4,5,6 Step L to L side, Point R to R side, Hold (6.00 o'clock)

**[33]**

**RESTART occurs during Wall 9 facing 12.00. Dance to Count 42 #. Restart main dance (Wall 10) facing 12.00.**

**TAG You will be facing 6.00 for this 6 count Tag which happens after Wall 11 Bridge.**

**1, 2, 3** Step R to R side, Sway R, Hold

**4, 5, 6** Step L to L side, Sway L, Hold

**Continue with main dance for Wall 12 (6.00) and Wall 13 (12.00)**

**ENDING occurs during Wall 14 facing 6.00. Dance to count 39 \* (R to R side) Slowly drag L towards R facing front.**

**BRIDGE occurs on Wall 2 facing 6.00, Wall 6 facing 12.00, Wall 11 facing 6.00**

**TOTAL SEQUENCE OF DANCE:**

**(12) Wall 1 = 48 counts**

**(6) Wall 2 = 33 counts (Bridge)**

**(6,12,6) Walls 3, 4 & 5 = 48 counts**

**(12) Wall 6 = 33 counts (Bridge)**

**(12,6) Walls 7 & 8 = 48 counts**

**(12) Wall 9 = 42# counts (Restart)**

**(12) Wall 10 = 48 counts**

**(6) Wall 11 = 33 counts (Bridge)**

**(6) Tag after Wall 11 Bridge = 6 counts**

**(6,12) Walls 12 & 13 = 48 counts**

**(6) Wall 14 and Ending = 39 \* counts**

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