

DANCE FOR LIFE

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Count: 32 **Wall:** 2 **Level:** beginner line/contra dance

Choreographer: Phil Johnson

Music: Live It Up by Mental As Anything

Choreographed for Cancer Research UK's "Breast Awareness Month" Charity Linedance held at Bridlington's Leisure World on the 4th October 2003

WALK FORWARD RIGHT, LEFT: STEP PIVOT, WALK FORWARD RIGHT, LEFT: STEP PIVOT

1-4 Step forward right, step forward left, step forward right, pivot half turn left (weight on left foot forward)

5-8 Repeat steps 1-4

LET'S GO WALKABOUT

VINE RIGHT AND LEFT WITH QUARTER TURN RIGHT AND HITCH, VINE RIGHT, TOUCH

9-12 Step right to right side, step left behind right, turning quarter turn right stepping onto right, hitch left knee up

13-16 Step left to left side, right behind left, step left to left side, (weight on left) quarter turn right hitching right knee up

17-20 Step right to right side, step left behind right, step right to right side, touch left toe next to right foot

WALK FORWARD LEFT, RIGHT: STEP PIVOT, WALK FORWARD LEFT, RIGHT: STEP PIVOT

21-24 Step forward left, step forward right, step forward left, pivot half turn right (weight on right foot forward)

25-28 Repeat steps 21-24

VINE LEFT, TOUCH

29-32 Step left to left side, step right behind left, step left to left side, touch right toe next to left foot

REPEAT