

# It's My Life (aka Gone)

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**Count:** 32      **Wall:** 4      **Level:** Low Intermediate

**Choreographer:** Earleen Wolford

**Music:** 'It's my life' by No Doubt and 'Gone' by Montgomery Gentry

**Other music: Somebody like you-Keith Urban, Bringin' da noise-Nsync, Lets dance-Five.**

## **[1-8] SLIDE LEAN, DRAG, BODY ROLL, WALKS**

- 1,2**      Step our R (while slightly leaning to right) (1), Drag R toe next to L (2)
- 3,4**      Body roll (starting with head, rolling down shoulders, hips, knees) (3,4)
- 5-8**      Step forward R, L, R, L (5-8) (left takes weight) (12:00)

## **[9-16] KICK R, STEP, TOUCH, BUMPS, STEP, TOUCH, ¼ TURN SWEEP**

- 9&10**      Kick R forward (9), Step back on R (&), Touch L toe forward (10)
- 11&12**      Bump L hip forward 2 times (11&12) (keep weight on R)
- 13,14**      Step down on L (13), Touch R next to L (14) (left takes weight)
- 15,16¼ turn sweep to left with R toe, while pivoting on left foot (15,16) (9:00)**

## **[17-24] KICK, OUT OUT, HEEL LIFTS, CROSS, STEP, TOUCH, ¼ TURN HEEL LIFTS**

- 17&18**      Kick R forward (17), Step back R out to R (&), Step back L out to L (18)
- 19&20**      Lift both heels up/down, using both knees to pop up/down
- 21&22**      Cross R over L (21), Step back on L (&), Touch R forward (22)
- 23&24**      Lift both heels up/down, while pivoting 1/4 turn to left, using both knees to pop up/down (L takes weight on count 24) (6:00)

## **[25-32] CROSS HEEL JACKS R&L, ¼ TURN L CROSS HEEL JACKS, STEP BACK, HITCH**

- 25&26**      Cross R over L (25), Step L to left (&), Touch R heel forward (26)
- 27&28**      Cross L over R (25), Step R to right (&), Touch L heel forward (28)
- 29&30¼ turn left on L crossing R over L (29), Step back on L (&), Touch R heel Forward (30)**
- &31**      Step back on R (&), touch L toe forward (31)
- &32**      Step L to center (&), Hitch R next to L (32) (L takes weight) (3:00)

**START AGAIN...and feel the LIFE!!**

**Dedicated to: KIM BOWERS!! THX!**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=85876](https://www.linedance.com/index.php?f=dance_view&id=85876)