

# Dear Life

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**Count:** 64      **Wall:** 2      **Level:** Phrased Intermediate - Polka

**Choreographer:** Mike Liadouze (January 2017)

**Music:** High Valley - Dear Life (127 BPM)

**Introduction: 16 counts - Sequence: AABB tag1 ABB tag2 AABB final**

**PART A: 32 counts**

**A[1-8] ROCKING CHAIR, STEP TURN 1/2 L, 1/4 L KICK BALL CROSS**

**1-2**      Rock step RF forward, recover on LF

**3-4**      Rock step RF back, recover on LF

**5&6**      Step RF forward, ..1/2 turn L.. weight on LF forward (6:00)

**7&8 1/4 turn L.. kick RF diagonally forward, step RF together, cross LF over RF (3:00)**

**A[9-16] SYNCOPATED WEAVE, BIG STEP SIDE, SAILOR STEP**

**&1&2**      Step RF together, cross LF over RF, step RF together, cross LF back RF1

**&3&4**      Step RF together, cross LF over RF, step RF together, cross LF over RF1

**5-6**      Big step RF side, slide LF together

**7&8**      Cross LF behind RF, step RF side, step LF side

**(1)musical option on last two A : replace &2 et &4 by HOLD**

**&1-2&3-4: BALL CROSS, HOLD, BALL CROSS, HOLD**

**A[17-24] TOUCH BEHIND, UNWIND 1/2 R, CROSS TRIPLE, 1/2 R CROSS TRIPLE, ROCK STEP SIDE**

**1-2**      Touch R toe behind LF, unwind ..1/2 turn R.. weight on RF side (9:00)

**3&4**      Cross LF over RF, step RF side, cross LF over RF

**5&6 1/2 turn R.. cross RF over LF, step LF side, cross RF over LF (3:00)**

**7-8**      Rock step LF side, recover on RF

**A[25-32] BALL CROSS, UNWIND 1/2 L, TRIPLE FORWARD, STEP TURN 1/2 R, 1/4 R SIDE, TOUCH**

- &1-2** Step LF together, cross RF over LF, unwind ..1/2 turn L.. weight on LF forward (9:00)
- 3&4** Step RF forward, step LF together, step RF forward
- 5-6** Step LF forward, ..1/2 turn R.. weight on RF forward (3:00)
- 7-8 1/4 turn R.. step LF side, touch R toe together (6:00)**

**PART B: 32 counts**

**B[1-8] TRIPLE DIAGONALLY SIDE x2, FULL TURN R, 1/4 R BIG STEP SIDE**

**1&2 1/8 turn L.. step RF side, step LF together, step RF side (10:30)**

**3&4 1/4 turn R.. step LF side, step RF together, step LF side (1:30)**

**5-6 3/8 turn R.. step RF forward, ..1/2 turn R.. step LF back (12:00)**

**7-8 1/4 turn R.. big step RF side, slide LF together (3:00)**

**B[9-16] CROSS, SIDE, SAILOR 1/4 L, CAMEL WALK HALF CIRCLE L**

**1-2** Cross LF over RF, step RF side

**3&4** Cross LF behind RF, ..1/4 turn L.. step RF side, step LF forward (12:00)

**5-6 1/8 turn L.. step RF forward pop L knee, ..1/8 turn L.. step LF forward pop R knee (9:00)**

**7-8 1/8 turn L.. step RF forward pop L knee, ..1/8 turn L.. step LF forward pop R knee (6:00)**

**B[17-24] STEP TURN 1/2 L, TRIPLE FORWARD, SLOW STEP, 1/4 R ROCK STEP SIDE 1/4 L**

**1-2** Step RF forward, ..1/2 turn L.. weight on LF forward (12:00)

**3&4** Step RF forward, step LF together, step RF forward

**5-6** Step LF forward, HOLD2

**7-8 1/4 turn R.. rock step RF side, ..1/4 turn L.. recover on LF (12:00)**

**(2)musical option on Odd Bs : CHEST POP « trying TO CATCH my breath »**

**Even Bs : BODY ROLL forward « dear LIFE »**

**B[25-32] 1/2 L BIG STEP BACK, COASTER STEP, JAZZ BOX**

**1-2..1/2 turn L.. big step RF back, slide LF together (6:00)**

**3&4** Step LF back, step RF together, step LF forward

5-6 Cross RF over LF, step LF back

7-8 Step RF side, step LF forward

**TAG 1 : (12:00)**

**[1-12] SLOW STEP TURN, ROCKING CHAIR, SLOW STEP TURN**

1-2-3-4 Step RF forward, HOLD, ..1/2 turn L... weight on LF forward, HOLD (6:00)

5-6 Rock step RF forward, recover on LF

7-8 Rock step RF back, recover on LF

1-2-3-4 Step RF forward, HOLD, ..1/2 turn L.. weight on LF forward, HOLD (12:00)

**TAG 2 : (6:00)**

**[1-4] SLOW STEP TURN**

1-2-3-4 Step RF forward, HOLD, ..1/2 turn L.. weight on LF forward, HOLD (12:00)

**FINAL : STOMP RF forward & raise arms to V shape (12:00)**

**Dedicated to « Lili » for finding the music !**

**Have FUN, good luck !!**

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