

# Amys Life

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**Count:** 64

**Wall:** 2

**Level:** Intermediate - Smooth 25

**Choreographer:** Ronald "RONNIE" Grabs (Jan 2013)

**Music:** This Is The Life by Amy MacDonald

**STEP FWD. / HOLD / STEP FWD. 1/8 R / HOLD / SIDE-CROSS OVER-BACK INTO 3/8 R / HOLD**

1,2step forward left, hold,

3,4step forward right turn body 1/8 right (face 1:30), hold,

5,6,7turn body 1/8 right (face 3:00) step side left, cross right in front of left, turn 1/4 right (face 6:00) step back left,

8hold,

**1/2 R STEP FWD. / HOLD / SIDE-TOGETHER-CROSS OVER INTO 3/8 R / HOLD / 7/8 TURN L WITH 2 STEPS**

1,2turn 1/2 right (face 12:00) step forward right, hold

3,4,5turn 1/4 right (face 3:00) step side left, step together right (slightly behind), turn 1/8 right (face 4:30) cross left over right,

6hold,

7,8turn 3/8 left (face 12:00) step back right, turn 1/2 left (face 6:00) step forward left,

**Note: easy alternative: walk-walk**

7,8turn 1/8 right (face 6:00) step slightly forward right, step slightly forward left,

**STEP FWD. / HOLD / 1/4 L STEPPING SIDE / HOLD / SIDE ROCK-RECVER-CROSS OVER / HOLD**

1,2step forward right, hold,

3,4turn 1/4 left (face 3:00) cross left over right, hold,

5,6,7right side rock, step left slightly diagonally to forward left, step right diagonally to left forward,

8hold,

**SIDE ROCK-RECVER-CROSS OVER / HOLD / STEP BACK / HOLD / 1/4 L STEPPING SIDE / HOLD**

1,2,3left side rock, step right slightly diagonally to right forward, step left diagonally to right forward,

4hold,

5,6step back right, hold,

7,8turn 1/4 left (face 12:00) step side left, hold (count 32\*),

**Restart: At wall 8 change count 32\* (hold) with slightly step right forward and start again.**

**1/8 L STEP FWD.-TOUCH BEHIND-STEP BACK / HOLD / BACK TRIPLE DIAG. 1/2 TURN R / HOLD**

1,2,3turn 1/8 left (face 10:30) step forward right (to 10:30), toe touch left behind right, step back left (4:30),

4hold,

5,6,7turn 1/4 right (face 1:30) step side right, step left together, turn 1/4 right (face 4:30) step forward right,

8hold,

**FWD. TRIPLE DIAG. 1/2 TURN R / HOLD WITH SWEEP / 1/8 R BEHIND-SIDE-CROSS OVER / HOLD**

1,2,3turn 1/4 right (face 7:30) step side left, step right together, turn 1/4 right (face 10:30) step back left,

4sweep right behind left,

5,6,7turn 1/8 right (face 12:00) step right behind left, step side left, cross right over left,

**8hold,**

**1/8 L INTO WALK WITH HOLDS 2x / FWD. TRIPLE DIAG. 1/2 TURN R / HOLD**

**1,2turn 1/8 left (face 10:30) step forward left, hold,**

**3,4step forward right (10:30), hold,**

**5,6,7turn 1/4 right (face 1:30) step side left, step right together, turn 1/4 right (face 4:30)  
step back left,**

**8hold,**

**BACK TRIPLE DIAG. 1/2 TURN R / HOLD / STEP-1/2 PIVOT R / WALK-WALK WITH 1/8 TURN  
R**

**1,2,3turn 1/4 right (face 7:30) step side right, step left together, turn 1/4 right (face 10:30)  
step forward right,**

**4hold,**

**5,6step forward left, turn 1/2 right (face 4:30) step right forward,**

**7,8step forward left, step forward right turn 1/8 right (face 6:00),**

**REPEAT**

**TAG:**

**Note: At 8th wall the music will slow. Dance until count 60 and then list the lyrics:**

**1-4("Where you gonna ...") hold,**

**5-6("sleep") step forward foot, hold,**

**7-8("to- ...") turn 1/2 right (face 4:30) step right forward, hold,**

**Note: Start the dance from the top with:**

**1-2("... -night") turn 1/8 right (face 6:00) step forward left, hold,**

**Keine Gewähr für: Vollständigkeit, Inhalt, Übersetzungsfehler, Fehlinterpretationen,  
Fehler der Choreographen, Rechtschreibung, Grammatik, Ausdruck, usw.**

**Contact: [www.line-fire.de](http://www.line-fire.de)**

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