

IT'S MY LIFE

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Count: 32

Wall: 4

Level: intermediate/advanced

Choreographer: Barry Amato

Music: It's My Life by No Doubt

HIP ROLL/STEP, STEP, HIP ROLL, TOUCH (DIAGONALLY RIGHT), HIP ROLL/STEP, STEP, HIP ROLL, STEP (DIAGONALLY LEFT)

- 1-2** Lift right foot and roll right hip to the right and step down on the right foot (as you do this open your body to face 10:00), step left next to right
- 3-4** Lift right foot and roll right hip to the right and step down on the right foot, touch left foot next to right
- 5-6** Lift left foot and roll left hip to the right and step down on the left foot (as you do this open your body to face 2:00), step right foot next to left
- 7-8** Lift left foot and roll left hip to the right and step down on the left foot, step right foot next to left

STEP OUT/OUT/IN/CROSS, TWIST 2X ¼ TURN, STEP, STEP, PIVOT, STEP

- &1** Step out with left foot, step out with right foot
- &2** Step in with left foot, step in with right foot crossing it in front of left
- 3&4** Twist on the balls of both feet right-left-center as you are ¼ turn left
- 5-6** Step forward on the left foot, step forward on the right foot
- 7-8** Pivot a ½ turn left with left foot taking weight, step forward on the right foot

HEEL FORWARD, TOE BACK, ¼ TURN, STEP TOGETHER, STEP, KNEE ROLL IN/OUT WITH A ¼ TURN, STEP FORWARD, PIVOT

- 1-2** Tap left heel forward, leaning back slightly, tap left toe straight back, leaning forward slightly

3&4 ¼ turn left and place weight down on left foot, step right foot together with the left, step to the left on the left foot

- 5** Roll right knee in (like a figure 8)

Do this move more from the hip than from the knee

- 6** Roll knee out as you ¼ turn right and place weight down on right foot

7-8 Step forward on the left foot, pivot $\frac{1}{2}$ turn right with right foot taking weight

PUSH OFF BALL OF LEFT FOOT, RECOVER IN PLACE, $\frac{1}{2}$ TURN/STEP, TOUCH SIDE, TOUCH CENTER, WALK, WALK, STEP PIVOT

1&2 Push off the ball of the left foot, recover on the right foot in place, do a $\frac{1}{2}$ turn to the left on the ball of the right and step down on the left foot

3-4 Touch right foot to right side, touch right foot next to left foot

5-6 Walk forward right-left

7-8 Step forward on the right foot, pivot $\frac{1}{2}$ turn left with left foot taking weight

REPEAT