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This Is The life

IMPROVER 32 Count 4 Walls Choreographed by: Ulla Engström Choreographed to: This Is The Life by Amy MacDonald

slows down or dance right through to the end of the music.
Step left to side, close right together, step left to side On the 8th wall the music slows down and after that it's only a few beats left. Fade the music when it
Cross left over right, recover on right Step left to side, close right together, step left to side
Making a turn 1/4 right-step left back, making a turn 1/4 right-step right to side
Kick left forward, step down on ball of left, cross right over left
KICK-BALL-CROSS, TURN 1/4 RIGHT TWICE, CROSS ROCK, CHASSE LEFT (3:00)
Making a turn 1/4 left step right back, touch left together (weight on right)
Cross left behind right, step right to side, cross left over right
Cross right over left, step left to side, cross right over left Step left to side, recover on right
(9:00) Cross right over left, step left to side, cross right over left
CROSS SHUFFLE, ROCK STEP, BEHIND-SIDE-CROSS, STEP BACK TURN 1/4 LEFT, TOUCH
Step right forward, turn 1/4 left (weight ends on left foot)
Turn 1/2 left as you do a triple step left, right, left
Step right back, step left together, step right back
Step (lunge) right forward, recover on left
(12:00)
ROCK STEP (LUNGE), SHUFFLE BACK, TRIPLE STEP TURN 1/2 LEFT, STEP TURN 1/4 LEFT
Turn 1/4 left crossing left behind right, step right to side, step left together
Cross left foot over right, step right to side
Cross right behind left, step left to side, step right to side
RIGHT CROSS, SIDE, SAILOR STEP, LEFT CROSS, SIDE, SAILOR 1/4 TURN LEFT (9:00) Cross right foot over left, step left to side

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