

Twice The Size

32 Count, 4 Wall, Improver

Choreographer: Tina Argyle (UK) September 2014

Choreographed to: This Is The Life by Amy MacDonald

16 counts from main beat (12 seconds) start with lyrics

Right Lock Step Brush, Left Lock Step. Mambo Fwd. Back, Hitch, Back, Hitch, Back Hitch.

Option make a full turn left with the hitches

1&2& Step fwd right, lock left behind right, step fwd right, brush left at side of right

3&4 Step fwd left, lock right behind left, step fwd left

5&6& Rock fwd right, recover weight onto left, step back right, hitch left knee (optional half turn left)

7&8& Step back left, hitch right knee (optional half turn left), step back right, hitch left knee

Coaster Step, Brush. Lock Step Forward. Step ¼ Turn Cross. Side, Touch, Side Touch.

1&2 Step back left, step right at side of left, step fwd left, brush right at side of left

3&4 Step fwd right, lock left behind right, step fwd right

5&6 Step fwd left, make ¼ turn right onto right, cross left over right

7&8& Step right to right side, touch left at side of right. Step left to left side, touch right at side of left

Right Side Strut, Cross Strut, Rock And Cross. Left Side Strut, Cross Strut, Rock And Cross.

1&2& Touch right toe to right side, drop right heel. Touch left toe over right, drop left heel

3&4 Rock right to right side, recover weight onto left, cross right over left

5&6& Touch left toe to left side, drop left heel. Touch right toe over left, drop right heel

7&8 Rock left to left side, recover weight onto right, cross left over right

Right Rumba Box, Coaster Step. Half Pivot Turn Step Fwd Hitch.

1&2 Step right to right side, step left at side of right, step fwd right

3&4 Step left to left side, step right at side of left, step back left

5&6 Step back right, step back left at side of right, step fwd right

7&8& Step fwd left, Make ½ turn right onto right, Step fwd left, Hitch right knee

Restart Wall 3 Restart the dance after section 2 facing the 9 o'clock wall

Note The music slows down towards the end of the track, keep pushing through the lock steps, don't slow down and the music will kick back in on the mambo fwd before the hitches back.