

A Lifetime

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count. 4 Wall. Intermediate NC Choreographed by: Emma Skov Støttrup Mainz & Lene Mainz Pedersen (DK) April 2018 Choreographed to A Lifetime by Hush. Intro: 16 Counts. Start on lyrics.

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- SEC 1 Basic R, Step L, Behind, Turn 1/4 L, Turn 1/2 L with Sweep, L Behind, Step R, Cross Rock L, Recover, Step L
- 1,2& Step long Step R on R, Step L behind R, Cross R in front of L
- 3,4& Step L to L side, Step R behind L, Turn 1/4 L step L fwd (9:00)
- 5 Turn 1/2 L step back on R sweeping L from front to back (3:00)
- 6&7 Step L behind R, Step R to R side, Cross L in front of R
- 8& Recover on R, Step L to L side

SEC 2 Cross Rock R, Recover, Step R, Cross Unwind R, Chassé R, Chassé L, Step 1/2 Turn in diagonal, Step L together, Step R

- 1,2& Cross R in front of L, Recover on L, Step R to R side
- 3 Cross L in front of R while making a full turn R hitching R beside L
- 4&5 Step R to R side, Step L beside R, Rock R to R side *
- 6&7 Step L to L side, Step R beside L, Step L to L side (turn L foot to L diagonal)
- 8&1 Step fwd on R in the diagonal (1:30) while turning 1/2 turn L, Step L beside R, Step fwd on R (7.30)

SEC 3 Part of a Diamond, Lunge L, Recover, Shuffle 1/2 L

- 2&3 Cross L in front of R, Step back on R, Step back on L (4:30)
- 4&5 Step behind R, Step L to L side, Cross R in front of L (1:30)
- 6,7 Lunge fwd on L, Recover on R
- 8&1 Turn 1/4 L step L to L side, Step R beside L, Turn 1/4 L Step L fwd (7:30)
- SEC 4 Cross R, Back, Back, Cross L, Back, Back, Rock Back, Pencil Turn on L, Touch, Point, Touch Touch**
- 2&3 Cross R in front of L, Step back on L, Step back on R
- 485 Cross L in front of R, Step back on R, Step back on L
- 6,7 Rock back on R, Recover on L making a 1/8 pencil turn L (3:00)
- &8& Touch R beside L, Point R to R side, Touch R beside L

Start again

TAG TAG AND RESTART DURING WALL 3 (6:00) - SEC. 2 AFTER COUNT 5 - CHASSÉ 1/4 L, TOUCH, POINT,

- 6&7 Step L to L side, Step R beside L, turn 1/4 L stepping L fwd (6:00)
- &8& Touch R beside L, Point R to R side, Touch R beside L

TAG AFTER WALL 7 – BASIC R, BASIC L (6:00)

- 1,2& Step long Step R on R, Step L behind R, Cross R in front of L
- 3,4& Step long Step L on L, Step R behind L, Cross L in front of R

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