

This Is Our Life

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Improver Level Dance.

Choreographed by: Micaela Svensson Erlandsson (SWE) Mar 2022

Choreographed to: This Is Our Life by Bosson

Intro: 36 Counts. Start at approx 33 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 1-2	WALK, WALK, FORWARD LOCK STEP, STEP, KNEE POP ½ PIVOT RIGHT, BACK ROCK, Walk forward on right, Walk forward on left
3&4	Step forward on right, Lock left behind right, Step forward on right
5-6	Step forward on left, Pop both knees turning ½ over right shoulder (Weight on left) (6:00)
7-8	Rock back on right, Recover onto left
SEC 2	CROSS, POINT, CROSS, POINT, SAILOR STEP, TOUCH, UNWIND ½ LEFT
1-2	Cross right over left, Point left to left side
3-4	Cross left over right, Step right to right side
5&6	Cross right behind left, Rock left to left side, Recover onto right
7-8	Touch left toes back, Unwind ½ over your left shoulder (12:00)
SEC 3	STEP, TURN ½ LEFT, KICK BALL STEP, WALK, STEP, ¼ TURN RIGHT, CROSS,
1-2	Step forward on right, Turn ½ left (6:00)
3&4	Kick right foot forward, Step right in place, Step forward on left
Restart	Here on Wall 10 facing 3:00
5	Walk forward on right
6-8	Step forward on left, Turn ¼ right, Cross left over right (9:00)
SEC 4 1-2	1/4 TURN LEFT, 1/4 TURN LEFT, FORWARD LOCK STEP, FULL TURN, STEP, 1/2 PIVOT, HOLD, Turn 1/4 left stepping back on right, Turn 1/4 left stepping left to left side (3:00)
3&4	Step forward on right, Lock left behind right, Step forward on right
5-6	Make a full turn forward over your right shoulder, stepping left, right
7-8	Step forward on left, Turn ½ Right leaving weight on left foot, Hold (9:00)
Ending	The music slows down or changes rhythm during Wall 9,
Lituing	It may feel like you are out of rhythm for a short while but just keep on dancing at the same speed and you'll be back in rhythm before the wall is done,

