

This Is Nightlife



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Intermediate Level Dance.
Choreographed by: Debbie Rushton (UK) Jun 2025
Choreographed to: This Is Nightlife by YES YES ft Iwaro
Intro: 32 Counts. Start at approx 17 secs.

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

SEC 1	WALK, WALK, LOCK STEP, ROCK, BEHIND SIDE CROSS
1-2	Walk forward R, Walk forward L
3&4	Step R forward, Lock L behind R, Step R forward
5-6	Rock forward on L, Recover back onto R sweeping L around
7&8	Cross L behind R, Step R to R side, Cross L over R
SEC 2	SIDE DRAG, BALL CROSS TURN SIDE HOLD & ROCK ROCK
1-2	Step R big step to R side, Drag L towards R
&3-4	Step L beside R, Cross R over L, Make 1/4 turn R stepping L back (3:00)
5-6	Make ¼ turn R stepping R to R side, Hold (6:00)
& 7-8	Step L beside R, Step R out to R side pushing R hip out, Step L out to L side L pushing L hip out
SEC 3	SIDE ROCK FLICK, CROSS SHUFFLE, SIDE ROCK, 1/4 RECOVER, SHUFFLE 1/2 TURN
1-2	Rock R out to R side, Recover onto L angling body to L diagonal and flick R leg up behind
3&4	Cross R over L, Step L to L side, Cross R over L
5-6	Rock L out to L side, Recover onto R making 1/4 turn R (9:00)
7&8	Make ¼ turn R stepping L to L side, Step R beside L, Make ¼ turn R stepping L back (3:00)
SEC 4	BACK ROCK, CROSS SIDE ROCK, CROSS SIDE ROCK, STEP, ½ TURN
1-2	Rock back on R, Recover forward onto L
3&4	Cross R over L, Rock L out to L side, Recover onto R
5&6	Cross L over R, Rock R out to R side, Recover onto L
7-8	Step R forward, Pivot ½ turn L taking weight onto L (9:00)
Tag	At the end of Walls 1 and 4
	STEP SWEEP CROSS ¼ TURN, SIDE DIP, CROSS ROCK
1-2	Step R forward, Sweep L around from back to front
3-4	Cross L over R, Make ¼ turn L stepping R back
5-6	Step L to L side dipping body as you drag R towards L
7-8	Cross rock R over L, Recover back onto L
	SIDE ROCK, BACK ROCK, ¼ TURN ½ TURN STEP ½ TURN
1-2	Rock R out to R side, Recover onto L
3-4	Rock back on R, Recover onto L
5-6	Make ¼ turn L stepping back on R, Make ½ turn L stepping L forward
7-8	Step R forward, Pivot ½ turn L taking weight onto L

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	STEP SWEEP CROSS 1/4 TURN, SIDE DIP, CROSS ROCK
1-2	Step R forward, Sweep L around from back to front
3-4	Cross L over R, Make 1/4 turn L stepping R back
5-6	Step L to L side dipping body as you drag R towards L
7-8	Cross rock R over L, Recover back onto L
	SIDE ROCK, BACK ROCK, 1/4 TURN 1/2 TURN STEP 1/2 TURN
1-2	Rock R out to R side, Recover onto L
3-4	Rock back on R, Recover onto L
5-6	Make 1/4 turn L stepping back on R, Make 1/2 turn L stepping L forward
7-8	Step R forward, Pivot ½ turn L taking weight onto L

