This Is Life

Ebene: Advanced



Count:96Wand:2Choreograf/in:André Waser (CH) - March 2024Musik:Summer Nights - BEN & TAN

Intro: 32 Counts		
Phases: A, A, B1, A, A, B2, C, A, A, B3, C-Final		
Part A: 32c Sec. 1:		
1-4 5-8	RF Ceaser Cross, LF ¼-Turn to R-Side, RF ½-Turn R-Side LF ¼-Turn R-Side into LF Ceaser Cross, RF step to R, LF Touch beside RF	
Sec. 2:		
1-4 5-8	LF side-step, RF behind LF cross recover, RF ¼-Turn to L-Side, LF ½-Turn L-Side RF ¼-Turn L-Side into RF Ceaser Cross, LF step to L, RF Stop-Up beside LF	
Sec. 3:		
1-4 5-8	RF Shuffle back, LF ½-Turn Left, LF Rock recover, LF ½-Turn Left RF Shuffle foreward, LF ½-Turn right, RF ½-Turn right (set right foot beneath left foot)	
Sec. 4:		
1-4 5-8	Svivet right, Swivet left, Swivet right, LF ½-Turn to left, Step RF 1/2-Tun Left, LF ½-Turn Left, LF Cick-Ball-Change	
Part B1 Sec. 1		
1-4 5-8	RF Hitch and Jump to dioganal 45deg, RF Step backward, LF Coaster Step RF cross over left foot, LF recover, RF ¼-Turn to diagonal 145deg, LF Cross Rock and recover, Step	
Sec. 6:		
1-4 5-8	RF Hitch and Jump to dioganal 135deg, RF Step backward, LF Coaster Step RF cross over left foot, LF recover, RF ¼-Turn to diagonal 225deg, LF Cross Rock and recover, Step	
Sec. 7:		
1-4 5-8	RF Hitch and Jump to dioganal 225deg, RF Step backward, LF Coaster Step RF cross over left foot, LF recover, RF ¼-Turn to diagonal 315deg, LF Cross Rock and recover, Step	
Sec. 8:		
1-4 5-8	RF Hitch and Jump to dioganal 315deg, RF Step backward, LF Coaster Step RF cross over left foot, LF recover, RF ¼-Turn to dioganal 45deg, LF Cross Rock and recover, Step	
Part B2 Sec. 1		
1-8	Same as B1	
Sec. 2:		
1-8	Same as B1	

Sec. 3: 1-8	Same as B1
Sec. 4: 1-4	RF Hitch and Jump to dioganal 315deg, RF Step backward, LF Sailor Step 3/8-Turn
5-8	RF Step foreward, LF Scuff-Hitch, Hold leg and slapp left, then right side, close LF foot to RF
Part B3 Sec. 1	
1-8	Same as B1
Sec. 2: 1-8	Same as B1
Sec. 3: 1-4 5-8	RF Hitch and Jump to dioganal 315deg, RF Step backward, LF Sailor Step 5/8-Turn RF Step foreward, LF Scuff-Hitch, Hold leg and slapp left, then right side, close LF foot to RF
Part C	
Sec. 1: 1-4	RF Kick-Hok, LF Kick-Hok
5-8	RF Kick-Hok, RF Coaster-Step
Sec. 2:	
1-4 5-8	LF Kick-Hok, LF Coaster-Step RF ¼-Swing-Turn right backward, RF Coaster Step
5-0	N 74-Swing-Turningin backward, Nr Coaster Step
Sec. 3:	LE Shuffle fereward DE Shuffle fereward
1-4 5-8	LF Shuffle foreward, RF Shuffle foreward LF ¼-Turn left, LF Rock recover, LF ½-Turn left, RF 1/2 -Turn left
Sec. 4:	
1-4 5-8	Vaudeville R, Vaudeville L RF Step vw, LF ½-Turn left, RF Kick-Ball-Cross
Part C-Final Sec. 1:	
1-8	Same as C
Sec. 2:	
1-8	Same as C
Sec. 3: 1-8	Same as C
Sec. 4:	
1-4 5-8	Vaudeville R, Vaudeville L RF Step vw, LF ½-Turn left, RF ½ -Turn left, LF ½ -Turn left
RF: Right Foot	; LF: Left Foot; fw: forward; bw: backward

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