

My Life

Count: 0

Wand: 4

Ebene: Intermediate/Advanced

Choreograf/in: Paul Farrugia (UK)

Musik: It's My Life - No Doubt



Sequence: AA B(1st tag) AA B(2nd tag) A A(First 8 counts) BB

PART A

RIGHT SIDE SHUFFLE CROSS IN FRONT ROCK, LEFT SIDE SHUFFLE CROSS BEHIND ROCK

- 1&2 Step right to right side, left beside right, step right to right side
3 4 Cross rock left over right, recover onto right
5&6 Step left to left side, right beside left, step left to left side
7 8 Cross rock right behind left, recover on the left

STEP RIGHT HALF TURN, KICK AND POINT AND POINT, KNEE POP OUT, IN, OUT IN OUT ¼ RIGHT TURN

- 9 10 Step forward right, pivot left ½ turn
11&12 Kick forward right, step right next to left, point left to left side
&13 14 Step left next to right, point right to right side, pop right knee in
15&16 Pop right knee out, in, out doing a ¼ right turn

FORWARD RIGHT SHUFFLE, ROCK RECOVER, BACK SHUFFLE, POINT BACK UNWIND HALF TURN RIGHT

- 17&18 Step forward right, bring left up to right, step forward right
19 20 Rock forward left, recover back on right
21&22 Step back on left, bring right back to left, step back on the left
23 24 Point right foot back (put weight onto the ball of the foot), unwind ½ turn right

FORWARD ROCK, RECOVER, RIGHT WEAVE, ROCK OUT RECOVER, LEFT WEAVE, SIDE STEP TOUCH

- 25 26 Rock forward left, recover back on right
27&28 Cross left behind right, step right to right, cross left in front of right
29 30 Rock out onto the right, recover back onto left
31&32 Cross right behind left, step left to left side, cross right in front of left
33 34 Step left to left side, touch right next to left

PART B

2 X MONTEREY

- 1 2 Point right to right, pivot ½ turn right on left foot stepping right next to left
3 4 Point left to left side, step left next to right
5 6 Point right to right, pivot ½ turn right on left foot stepping right next to left
7 8 Point left to left side, step left next to right

KICK RIGHT AND STEP, STEP FORWARD RIGHT, LEFT ¼ TURN, CROSS SHUFFLE, STEP HALF TURN STEP

- 9&10 Kick forward right, step right next to left, step slightly forward left
11 12 Step forward right, ¼ left turn
13&14 Cross right over left, step left to left, cross right over left
15 16 Step left to left side, ½ pivot turn right stepping onto right

CROSS ROCK LEFT, RECOVER, LEFT SIDE SHUFFLE, CROSS BEHIND, UNWIND ½ TURN, RIGHT SIDE SHUFFLE

1718 Cross left in front of right, recover onto right
19&20 Step left to left side, step right next to left, step left to left side
2122 Cross right behind left, unwind full right turn
23&24 Step right to right side, left beside right, step right to right side

LEFT SAILOR STEP, RIGHT SAILOR STEP, FORWARD LEFT SHUFFLE, SWEEP ½ TURN LEFT, TOUCH

25&26 Cross left behind right, step right next to left, step left to left side
27&28 Cross right behind left, step left next to right, step right slightly forward
29&30 Step forward left, step right next to left, step forward left
3132 Sweep right foot ½ turn left, touch right next to left

FORWARD RIGHT SHUFFLE, ROCK FORWARD LEFT, RECOVER, HITCH ½ TURN, HITCH ½ TURN

33&34 Step forward right, step left next to right, step forward right
3536 Rock forward left, recover back onto right
3738 Hitch left knee ½ turning left, step onto left
3940 Hitch right knee ½ turning left, step back onto right

HOOK LEFT FOOT, STEP, FORWARD RIGHT SHUFFLE, FORWARD LEFT SHUFFLE, HITCH RIGHT, ¼ RIGHT TURN

4142 Hook left foot across front of right knee, step left slightly in front of right
43&44 Step forward right, step left next to right, step forward right
45&46 Step forward left, step right next to left, step forward left
4748 Hitch right knee, ¼ right turn (with knee hitched)

RIGHT SIDE SHUFFLE, ROCK LEFT AND TOGETHER, ROCK RIGHT AND TOGETHER, FORWARD ROCK, RECOVER

49&50 Step right to right side, left beside right, step right to right side
51&52 Rock left to left side, recover onto right, step left next to right
52&54 Rock right to right side, recover onto left, step right next to left
5556 Rock forward onto left, recover back onto right

TRIPLE LEFT FULL TURN, ROCK, RECOVER ¼ TURN, RIGHT SIDE SHUFFLE, CROSS ROCK AND RECOVER

57&58 ½ left turn stepping onto left, ¼ turn left stepping back onto right, ¼ turn left onto left
5960 Rock forward onto right, recover back onto left turning ¼ turn right
61&62 Step right to right side, left beside right, step right to right side
63-64 Cross left over right, recover back onto right

LEFT SIDE STEP, DRAG TOUCH, HOLD

65-66-67 Step left to left side (large step), drag right up to left and touch, hold

TAG

After 1st B

1-4 Bump hips right, left, right, left

After 2nd B

1-6 Bump hips right, left, right, left, right, left
