

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Heather Freeman (UK) - November 2007

Musik: L.A. - Amy Macdonald : (Album: This Is The Life)

**Intro: 32 counts.****Section 1: Rock Back Right, Shuffle Forward Right, Pivot ½ Right, Shuffle ½ Turn Right**

- 1 - 2            Rock back on right. Rock forward onto left.  
 3 & 4           Step forward right. Close left beside right. Step forward right.  
 5 - 6           Step forward left. Pivot 1/2 turn right.  
 7 & 8           Shuffle step forward making 1/2 turn right, stepping - left, right, left.

**Section 2: Rock Back Right, Kick Ball Change Right, Walks x 2, Shuffle Forward Right**

- 1 - 2            Rock back on right. Rock forward onto left.  
 3 & 4           Kick right forward. Step right beside left. Step onto left in place.  
 5 - 6           Step right forward. Step left forward.  
 7 & 8           Step forward right. Close left beside right. Step forward right.

**Section 3: Cross Back Side x 2, Cross Rock Forward Left**

- 1 - 2            Cross left over right, Step back right,  
 3 - 4            Step left to side, Cross right over left,  
 5 - 6            Step back left, Step right to side,  
 7 - 8            Cross rock forward on left. Rock back onto right.

**Section 4: Rock Back Left, ¼ Turn Right, Pivot ¼ Right, Shuffle Forward Left, Rock Forward Right**

- 1 - 2            Rock back on left. Rock forward onto right.  
 3 - 4            Step forward left, Pivot ¼ turn.  
 5 & 6           Step forward left. Close right beside left. Step forward left.  
 7 - 8            Rock forward on right. Rock back onto left.

**Begin again.****Tag: Danced At The End of 4th Wall Only: Facing The Front  
Side Behind, Chasse Right, Cross Side, Sailor Step Left**

- 1 - 2            Step right to side, cross left behind.  
 3 & 4            Step right to right side. Close left beside right. Step right to right side.  
 5 - 6            Cross left over right, step right to side.  
 7 & 8            Cross left behind right. Step right to right side. Step left to place.

**Cross Side, Behind & Cross, Left Side Rock, Cross Shuffle Right**

- 1 - 2            Cross right over left, step left to side.  
 3 & 4            Cross right behind left. Step left to left side. Cross right over left.  
 5 - 6            Rock left to left side. Recover onto right.  
 7 & 8            Cross left over right. Step right to right side. Cross left over right.

**Start from the top.**