

# This Is The Life

Count: 64

Wand: 1

Ebene: Intermediate

Choreograf/in: Edith de Groot (NL) - June 2008

Musik: This Is the Life - Amy Macdonald



**Intro: 16 count**

## **WALK X2, R-SIDE MAMBO, WALK X2, L-SIDE ROCKSTEP ¼ TURN R**

- 1-2 Walk Forw. R.L.
- 3&4 R-Side Mambo Step
- 5-6 Walk Forw. L.R.
- 7&8 Lf Rock To L-Side, Rf Recover With ¼ Turn R, Lf Beside Rf

## **½ TURN R X2, COASTERSTEP, SIDE, CLOSE, CHASSE ¼ TURN L**

- 1-2 ½ Turn R Backw. RF Step Forw, ½ Turn R LF Step Back
- 3&4 R-Coasterstep
- 5-6 LF Step To L-Side, RF Together
- 7&8 Chasse L With ¼ Turn L

## **R-MAMBO FORW, L-MAMBO BACK, HEELJACKS**

- 1&2 R Mambo Forw
- 3&4 L Mambo Back
- 5&6 RF Cross Over LV, LF Small Step Back, RF Touch Heel Diagonal R-Forw
- &7&8 RF Replace, LF Cross Over RF, RF Small Step Back, LF Touch Heel Diagonal L-Forw

## **(&) CROSS SHUFFLE, ¼ TURN R X2, LOCKSTEP, FULL TRIPLE TURN L**

- &1&2 LF Replace, R-Cross Shuffle
- 3-4 ¼ Turn R LF Step Back, ¼ Turn R RF Step To R-Side
- 5&6 L-Lockstep Forw
- 7&8 Full Triple Turn L R.L.R< /B>

## **walk x2, L-SIDE MAMBO, WALK X2, R-SIDE ROCKSTEP ¼ TURN L**

- 1-2 Walk Forw. L.R.
- 3&4 L-Side Mambo
- 5-6 Walk Forw. R.L.
- 7&8 Rf Rock To R-Side, Lf Recover With ¼ Turn L, Rf Beside Lf

## **½ TURN L X2, COASTERSTEP, SIDE, CLOSE, CHASSE ¼ TURN R**

- 1-2 ½ Turn L Backw. LF Step Forw, ½ Turn L RF Step Back
- 3&4 L Coasterstep
- 5-6 RF Step To R-Side, LF Together
- 7&8 Chasse R With ½ Turn R

## **L-MAMBO FORW, R-MAMBO BACK, HEELJACKS**

- 1&2 L-MAMBO FORW
- 3&4 R-Mambo Back
- 5&6 LF Cross Over RF, RF Small Step Back, LV Touch Heel Diagonal L-Forw
- &7&8 LF Replace, RF Cross Over LF, LF Small Step Back, RF Touch Heel Diagonal R-Forw

## **(&) CROSS SHUFFLE, ¼ TURN L X2, LOCKSTEP, FULL TRIPLE TURN R**

- &1&2 RF Replace, L-Cross Shuffle
- 3-4 ¼ Turn L RF Step Back, ¼ Turn L LF Step To L-Side

5&6 R-Lockstep Forw  
7&8 Full Triple Turn R L.R.L.

**FINISH:**

1&2 R-Mambo Forw  
3&4 L-Mambo Back

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