

# Dance Life

Count: 32

Wand: 4

Ebene: Easy Intermediate

Choreograf/in: Francien Sittrop (NL) & Lorna Mursell (UK) - September 2013

Musik: Let's Dance - Five



**Intro: Start on Heavy Beat after 48 counts**

**[1 – 8] V Step, In In , Cross, ¼ R step Back, Kick Ball Cross**

- 1 – 2 Step R out , Step L out (use Hips)
- 3 – 4 Step R back in Centre, Step L next to R
- 5 – 6 Step R across L, ¼ R step L back (03.00)
- 7 & 8 Kick R fwd, Step R down, Step L across R

**[9-16] Side Rock, Recover, Sailor 1/2 Turn R, Step, Bend, L Coaster Step**

- 1 – 2 Rock R To R Side, Recover onto L
- 3 & 4 Cross R Behind L Making 1/2 Turn R, Step L Beside R, Step R Forward (09.00)
- 5 & 6 Step Forward On Left, Bend Knees, And Rise
- 7 & 8 Step Back on Left, Step Right beside Left, Step Left Forward

**[17-24] Syncopated Lock steps , Rock Recover, Touch Back , ¾ Turn R**

- 1-2& Step R fwd. Lock L behind R, Step R fwd
- 3-4& Step L fwd, Lock R behind L, Step L fwd
- 5 – 6 Rock R fwd, Recover onto L
- 7 – 8 Touch R back, Make ¾ Turn R (06.00)

**[25-32] Side, Behind, Side, Step fwd , Flick, Cross, Step Back, Chasse 1/4 L**

- 1-2& Step L To L Side, Step R Behind L, Step L To L Side
- 3 – 4 Step R fwd, Flick L Foot Back
- 5 – 6 Step L across R , Step Back on R
- 7 & 8 Step L To L Side Making 1/4 L, Step R Beside L, Step L Forward (03.00)

**Restarts: During wall 2, 5, 10 after count 16 start again with count 1**

**Ending: Last wall ends on wall 9 . Step R across L, ¼ Turn R step L back to the front wall**

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**Last Revision - 16th Sept 2013**