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| A Lifetime |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Intermediate NC | . |
| **Choreographer:** | Emma Skov Støttrup Mainz (DK) & Lene Mainz Pedersen (DK) - April 2018 | | | | |
| **Music:** | A Lifetime - Hush : (iTunes) | | | | |
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**#16 Count Intro – Approx. 13 seconds - (Begin on Lyric)**

**Basic R, Step L, Behind, Turn ¼ L, Turn ½ L with Sweep, L Behind, Step R, Cross Rock L, Recover, Step L**

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| 1,2& | Step long Step R on R, Step L behind R, Cross R infront of L |

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| 3,4& | Step L to L side, Step R behind L, Turn ¼ L step L fwd (9:00) |

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| --- | --- |
| 5 | Turn ½ L step back on R sweeping L from front to back (3:00) |

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| 6&7 | Step L behind R, Step R to R side, Cross L infront of R |

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| 8& | Recover on R, Step L to L side |

**Cross Rock R, Recover, Step R, Cross Unwind R, Chasse R, Chasse L, Step ½ Turn in diagonal, Step L together, Step R**

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| --- | --- |
| 1,2& | Cross R infront of L, Recover on L, Step R to R side |

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| --- | --- |
| 3 | Cross L infront of R while making a full turn R hitching R beside L |

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| 4&5 | Step R to R side, Step L beside R, Rock R to R side \*\*\* |

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| 6&7 | Step L to L side, Step R beside L, Step L to L side (turn L foot to L diagonal) |

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| 8&1 | Step fwd on R in the diagonal (1:30) while turning ½ turn L, Step L beside R, Step fwd on R (7.30) |

**Part of a Diamond, Lunge L, Recover, Shuffle ½ L**

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| --- | --- |
| 2&3 | Cross L infront of R, Step back on R, Step back on L (4:30) |

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| 4&5 | Step behind R, Step L to L side, Cross R infront of L (1:30) |

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| 6,7 | Lunge fwd on L, Recover on R |

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| 8&1 | Turn ¼ L step L to L side, Step R beside L, Turn ¼ L Step L fwd (7:30) |

**Cross R, Back, Back, Cross L, Back, Back, Rock Back, Pencil Turn on L, Touch, Point, Touch**

|  |  |
| --- | --- |
| 2&3 | Cross R infront of L, Step back on L, Step back on R |

|  |  |
| --- | --- |
| 4&5 | Cross L infront of R, Step back on R, Step back on L |

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| --- | --- |
| 6,7 | Rock back on R, Recover on L making a 1/8 pencil turn L (3:00) |

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| &8& | Touch R beside L, Point R to R side, Touch R beside L |

**Start again**

**\*\*\*Tag & Restart During Wall 3 (6:00) - Sec. 2 after Count 5 - Chasse ¼ L, Touch, Point, Touch\*\***

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| --- | --- |
| 6&7 | Step L to L side, Step R beside L, turn ¼ L stepping L fwd (6:00) |

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| --- | --- |
| &8& | Touch R beside L, Point R to R side, Touch R beside L |

**Tag – after Wall 7 – Basic R, Basic L (6:00)**

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| 1,2& | Step long Step R on R, Step L behind R, Cross R infront of L |

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| --- | --- |
| 3,4& | Step long Step L on L, Step R behind L, Cross L infront of R |

**Contact: lene.m@privat.dk - www.happylinedanceherning.dk**