

Song For The Life

Count: 60

Wall: 1

Level: Intermediate waltz

Choreographer: Daniel Trepát (NL) & Wendy Meesters - February 2005

Music: Song for the Life - Alan Jackson



Sequence: AAB AAB AAB AA

Part A: 48 counts

Step fwd, full turn left, step fwd, basic fwd.

- 1 LF Step forward
- 2 RF Make a full turn left
- 3 LF Step forward
- 4 RF Step forward
- 5 LF Step next RF
- 6 RF Step in place

Diagonally steps fwd, balance step, diagonally steps backw., rondé.

- 1 LF Step diagonally to the right
- 2 RF Step diagonally to the right
- 3 LF Lift your left leg backwards and spread your arms
- 4 LF Step diagonally backwards
- 5 RF Step diagonally backwards
- 6 LF Rondé with LF from front to back

Behind, full turn, diagonal step, arm movement.

- 1 LF Step behind RF
- 2 RF 1/4 turn right, step RF fwd
- 3 LF 1/2 turn right, close LF by RF
- & RF 1/4 turn right, step RF to right side
- 4 LF Step diagonally fwd to right start arm movement
- 5 Hold and continue arm movement
- 6 RF Finish arm movement and recover weight

Diagonal step, 3/8 turn right, together, left twinkle.

- 1 LF Step diagonally backwards
- 2 RF 3/8 turn right, step RF to right side
- & LF Step next to RF
- 3 RF Step to right side
- 4 LF Step diagonally fwd in front of RF
- 5 RF Step diagonally fwd right
- 6 LF Step diagonally fwd left

Right twinkle 1/2 turn left, sweep and hitch

- 1 RF Step diagonally fwd in front of LF
- 2 LF Step diagonally fwd left
- 3 RF Step diagonally fwd right
- 4 LF Step diagonally fwd right
- 5 LF 1/2 turn left on LF, a sweep with RF
- 6 RF Hitch right knee

Right and left twinkle backwards.

- 1 RF Step diag. backwards behind LF

- 2 LF Step diagonally backwards to left
- 3 RF Step diagonally backwards to right
- 4 LF Step diag. backwards behind RF
- 5 RF Step diagonally backwards to right
- 6 LF Step diagonally backwards to left

Step backwards, 3/8 turn left, cross, unwind full turn, 3/8 turn right.

- 1 RF Step diagonally backwards to left
- 2 LF 3/8 turn left, step LF fwd
- 3 RF Lock RF behind LF
- 4-5 Unwind full turn right
- 6 RF 3/8 turn right, bring RF fwd

Steps diagonally fwd, brush, basic back.

- 1 RF Step fwd diagonally to right
- 2 LF Step fwd diagonally to right
- 3 RF Brush and lift right leg
- 4 RF Step diagonally backwards to left
- 5 LF Step to left side
- 6 RF Step in place

Part B: 12 counts

Step fwd, full turn left, down on your knee.

- 1 LF Step forward
- 2 RF Make a full turn left
- 3 LF Step forward
- 4-5-6 Go down on your right knee

Coming up, step, 1/2 turn right, step.

- 1-2-3 Coming up, on count 3 turn 1/2 right, keep weight on LF
 - 4 RF Step forward
 - 5 LF Step forward and make 1/2 turn right
 - 6 RF Step forward
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