

This Is Life

Count: 96

Wall: 2

Level: Advanced

Choreographer: André Waser (CH) - March 2024

Music: Summer Nights - BEN & TAN



Intro: 32 Counts

Phases: A, A, B1, A, A, B2, C, A, A, B3, C-Final

Part A: 32c

Sec. 1:

- 1-4 RF Ceaser Cross, LF ¼-Turn to R-Side, RF ½-Turn R-Side
5-8 LF ¼-Turn R-Side into LF Ceaser Cross, RF step to R, LF Touch beside RF

Sec. 2:

- 1-4 LF side-step, RF behind LF cross recover, RF ¼-Turn to L-Side, LF ½-Turn L-Side
5-8 RF ¼-Turn L-Side into RF Ceaser Cross, LF step to L, RF Stop-Up beside LF

Sec. 3:

- 1-4 RF Shuffle back, LF ½-Turn Left, LF Rock recover, LF ½-Turn Left
5-8 RF Shuffle forward, LF ½-Turn right, RF ½-Turn right (set right foot beneath left foot)

Sec. 4:

- 1-4 Svivet right, Swivet left, Swivet right, LF ½-Turn to left, Step
5-8 RF 1/2-Tun Left, LF ½-Turn Left, LF Cick-Ball-Change

Part B1

Sec. 1

- 1-4 RF Hitch and Jump to diogonal 45deg, RF Step backward, LF Coaster Step
5-8 RF cross over left foot, LF recover, RF ¼-Turn to diagonal 145deg, LF Cross Rock and recover, Step

Sec. 6:

- 1-4 RF Hitch and Jump to diogonal 135deg, RF Step backward, LF Coaster Step
5-8 RF cross over left foot, LF recover, RF ¼-Turn to diagonal 225deg, LF Cross Rock and recover, Step

Sec. 7:

- 1-4 RF Hitch and Jump to diogonal 225deg, RF Step backward, LF Coaster Step
5-8 RF cross over left foot, LF recover, RF ¼-Turn to diagonal 315deg, LF Cross Rock and recover, Step

Sec. 8:

- 1-4 RF Hitch and Jump to diogonal 315deg, RF Step backward, LF Coaster Step
5-8 RF cross over left foot, LF recover, RF ¼-Turn to diogonal 45deg, LF Cross Rock and recover, Step

Part B2

Sec. 1

- 1-8 Same as B1

Sec. 2:

- 1-8 Same as B1

Sec. 3:

1-8 Same as B1

Sec. 4:

1-4 RF Hitch and Jump to diagonal 315deg, RF Step backward, LF Sailor Step 3/8-Turn

5-8 RF Step forward, LF Scuff-Hitch, Hold leg and slap left, then right side, close LF foot to RF

Part B3**Sec. 1**

1-8 Same as B1

Sec. 2:

1-8 Same as B1

Sec. 3:

1-4 RF Hitch and Jump to diagonal 315deg, RF Step backward, LF Sailor Step 5/8-Turn

5-8 RF Step forward, LF Scuff-Hitch, Hold leg and slap left, then right side, close LF foot to RF

Part C**Sec. 1:**

1-4 RF Kick-Hok, LF Kick-Hok

5-8 RF Kick-Hok, RF Coaster-Step

Sec. 2:

1-4 LF Kick-Hok, LF Coaster-Step

5-8 RF ¼-Swing-Turn right backward, RF Coaster Step

Sec. 3:

1-4 LF Shuffle forward, RF Shuffle forward

5-8 LF ¼-Turn left, LF Rock recover, LF ½-Turn left, RF 1/2 -Turn left

Sec. 4:

1-4 Vaudeville R, Vaudeville L

5-8 RF Step vw, LF ½-Turn left, RF Kick-Ball-Cross

Part C-Final**Sec. 1:**

1-8 Same as C

Sec. 2:

1-8 Same as C

Sec. 3:

1-8 Same as C

Sec. 4:

1-4 Vaudeville R, Vaudeville L

5-8 RF Step vw, LF ½-Turn left, RF ½ -Turn left, LF ½ -Turn left

RF: Right Foot; LF: Left Foot; fw: forward; bw: backward

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Last Update: 10 Dec 2024

