

Life Is A Flower

Count: 88

Wall: 2

Level: Intermediate

Choreographer: Amy Lemkey

Music: Life Is a Flower - Ace of Base



¼ JAZZ BOX, STRAIGHT JAZZ BOX

- 1-2 Cross right over left, step left back while turning ¼ right
- 3-4 Step right to right side, step left beside right
- 5-8 Cross right over left, step left back, step right to right side, step left beside right

WALKS FORWARD WITH ARM FLICKS, WALKS BACK WITH ARM FLICKS

- 9 Step right forward while flicking right arm forward
- 10 Step left forward while flicking left arm forward

Both arms are now forward

- 11-12 Flick both arms forward twice
- 13 Step right back while putting right arm down
- 14 Step left back while putting left arm down
- 15-16 Flick arms in a downwards motion twice

KNEE POP, KICK, FLICK WITH ARMS, ¼ TURN RIGHT, KNEE POPS

- 17-19 Pop right knee in towards left leg, kick right forward, step right beside left
- 20 Flick left leg backwards while flicking both arms up
- 21 On ball of right foot turn ¼ right while stepping left beside right and popping right knee in
- 22-24 Pop left knee in, pop right knee in, pop left knee in

LEFT SHUFFLE, RIGHT SHUFFLE, FULL TURN, STOMP LEFT, STOMP RIGHT

- 25&26 Step left forward, step right beside left, step left forward
- 27&28 Step right forward, step left beside right, step right forward
- 29 On ball of right foot turn ½ a turn over right shoulder
- 30 On ball of left foot turn ½ a turn over right shoulder
- 31-32 Stomp left beside right, stomp right beside left

CROSS STRUT, SIDE STRUT, CROSS STRUT, SIDE STRUT

- 33-34 Cross left toe over right, step down on left heel
- 35-36 Step right toe to right side, step down on right heel
- 37-38 Cross left toe over right, step down on left heel
- 39-40 Step right toe to right side, step down on right heel

Instead of side struts you could always shimmy

LEFT SAILOR STEP, RIGHT SAILOR STEP, LEFT BEHIND, UNWIND, HIP ROLLS

- 41&42 Cross left behind right, step right forward, step left beside right
- 43&44 Cross right behind left, step left forward, step right beside left
- 45-46 Cross left behind right, unwind ½ a turn over left shoulder
- 47-48 Roll hips to the right over (2) counts

HIP BUMPS TRAVELING FORWARD, STOMP RIGHT, STOMP LEFT, BODY ROLL

- 49&50 Step diagonally forward on right while bumping hips right, left, right
- 51&52 Step diagonally forward on left while bumping hips left, right, left
- 53-54 Stomp right beside left, stomp left beside right
- 55-56 Reversed body roll starting from head to toe

SIDE SHUFFLE, BRUSH, SWEEP, SIDE SHUFFLE, BRUSH, SWEEP

- 57&58 Step right to right side, step left beside, right, step right to right side
 59 Turn an 1/8 right while brushing left foot forward
 60 Turn an 1/8 left while brush left foot over right
 61&62 Step left to left side, step right beside left, step left to left side
 63 Turn an 1/8 left while brushing right foot forward
 64 Turn an 1/8 left while brushing right foot over left

You should end facing 9:00 wall from beginning

SIDE STRUT, ½ TURN STRUT, ½ TURN STRUT, ½ TURN STRUT

- 65-66 Step right toe to right side, step down on right heel
 67-68 Pivot ½ a turn over right shoulder stepping left toe to left side, step down on left heel
 69-70 Pivot ½ a turn over left shoulder stepping right toe to right side, step down on right heel
 71-72 Pivot ½ a turn over right shoulder stepping left toe to left side, step down on left heel

VAUDEVILLE STEPS, STEP ½ TURN, RIGHT SHUFFLE

- 73&74 Cross right over left, step left back, touch right heel to right diagonal
 & Step right beside left
 75&76 Cross left over right, step right back, touch left heel to left diagonal
 & Step left beside right
 77-78 Step right forward, pivot ½ a turn over left shoulder
 79&80 Step right forward, step left beside right, step right forward

VAUDEVILLE STEPS, STEP ½ TURN, ¼ TURNING LEFT SHUFFLE

- 81&82 Cross left over right, step right back, touch left heel to left diagonal
 & Step left beside right
 83&84 Cross right over left, step left back, touch right heel to right diagonal
 & Step right beside left
 85-86 Step left forward, pivot ½ a turn over right shoulder
 87&88 While turning a ¼ right step left forward, step right beside left, step left forward

REPEAT
