

# This Life

Count: 32

Wall: 4

Level: Improver

Choreographer: Cody Breed

Music: Nothing To Lose - Michael Bryers



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## SAILOR, SAILOR, BACK, ROCK FORWARD, FULL TURN TRIPLE

- 1&2 Sailor: step right behind left, step left to left side, step right to right side  
3&4 Sailor: step left behind right, step right to right side, step left to left side  
5-6- Rock back onto right, rock forward onto left  
7&8 Triple step turning full turn right, right-left-right

## FORWARD, ROCK, BACK DRAG, BACK, BACK, BACK ROCK

- 1-2-3-4 Rock forward onto left, rock back onto right, step back onto left, drag right back  
5-6-7-8 Step back onto right, step back onto left, rock back on right, rock forward on left

## PIVOT TURN, KICK BALL CHANGE, SIDE TOGETHER SIDE TOUCH

- 1-2- Step forward onto right, pivot  $\frac{1}{2}$  turn left  
3&4 Kick right forward, step left together, step right together  
5-6-7-8 Step right to right side, step left beside right, step right to right side, touch left beside right

## SIDE TOGETHER SIDE TOUCH, PADDLE $\frac{1}{4}$ , KICK BALL CHANGE

- 1-2-3-4 Step left to left side, step right beside left, step left to left side, touch right beside left  
5-6 Paddle: step right forward, turn  $\frac{1}{4}$  left, take weight on left  
7&8 Kick right forward, step right together, step left together

## REPEAT

## RESTART

On wall 3, dance until beat 16, then restart facing 6:00

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