

This Is My Life

Count: 64

Wall: 2

Level: Improver

Choreographer: TeeKay (NL) - June 2008

Music: This Is the Life - Amy Macdonald



Toe Strut X2, Rock Step, Stomp, Stomp

- 1,2 RF touch toe forward, RF step down
- 3,4 LF touch toe forward, LF step down
- 5,6 RF rock to R side, weight back on LF
- 7,8 RF stomp next to LF, RF stomp next to LF

Toe Strut X2, Rock Step, Stomp, Stomp

- 1,2 RF touch toe forward, RF step down
- 3,4 LF touch toe forward, LF step down
- 5,6 RF rock to R side, weight back on LF
- 7,8 RF stomp next to LF, RF stomp next to LF

Shuffle, Mambo Step, Monterey Turn (Start)

- 1,2,3 RF step forward, LF close next to RF, RF step forward
- 4,5,6 LF rock to left side, weight back on RF, LF close next to RF
- 7,8 RF touch to R side, make ¼ turn R while closing RF next to LF

Monterey Turn (Finish), Monterey Turn, Touches

- 1,2 LF touch to L side, LF close next to RF
- 3,4 RF touch to R side, make ¼ turn R while closing RF next to LF
- 5,6 LF touch to L side, LF close next to RF
- 7,8 LF touch to L side, LF close next to RF

Shuffle. Mambo Cross, Kick, Kick

- 1,2,3 RF step forward, LF close next to RF, RF step forward
- 4,5,6 LF rock to L side, weight back on RF, LF cross over RF
- 7,8 RF kick slightly R forward, RF kick slightly R forward

Weave L, Kick, Weave R, Hold

- 1,2,3 RF cross behind LF, LF step to L side, RF cross over LF
- 4,5 LF kick slightly L forward, LF cross behind RF
- 6,7,8 RF step to R side, LF cross over RF, hold

Pivot, Pivot Back, Coaster Step, Brush

- 1,2 LF + RF make ½ turn R, hold
- 3,4 LF + RF turn ½ back, hold
- 5,6,7 LF step back, RF step next to LF, LF step forward
- 8 RF brush forward

Cross Toe Struts, Jazz Box

- 1,2 RF touch toe across LF, RF step down
- 3,4 LF step on toes to L side, step down on LF
- 5,6 RF cross over LF, LF step back
- 7,8 RF step to R side, LF step forward