

Dance of A Lifetime

Count: 32

Wall: 4

Level: Easy Intermediate

Choreographer: Lindy Bowers (USA) & Janis Graves (USA) - March 2012

Music: Dance of a Lifetime - 7th Heaven : (www.7thheavenband.com)



16 count intro. (music available on pop-media on iTunes)

STEP FORWARD, TOUCH, STEP BACK, KICK, COASTER ¼ TURN CROSS, HOLD

- 1-4 Step forward on R, touch L behind R, step back on L, kick R forward
5-8 Step back on R, step L next to R, making ¼ turn right, cross R over L, hold (3:00)

WEAVE LEFT, SCISSOR CROSS, POINT

- 1-4 Step L to side, step R behind L, step L to side, step R across L
5-8 Step L to side, step R next to L, cross L over R, point R toe to right side

Restart here on wall #4

CROSS, POINT, CROSS, POINT, SAILOR ¼ TURN, STEP

- 1-2 Cross R over L, point L toe to side
3-4 Cross L behind R, point R toe to side
5-8 Step R behind L, making a ¼ turn right-step L to side, step R to side, step L forward (6:00)

CHASE ½ TURN, HOLD, CHASE ¼ TURN, HOLD

- 1-4 Step R forward, pivot ½ turn left, step R forward, hold (12:00)
5-8 Step L forward, pivot ¼ turn right, step L forward, hold (3:00)

Begin dance again!!!

**RESTART: On wall #4 (9:00 wall) – Do the first 16 counts of the dance and restart.
(This will put you at 12:00 to restart the dance.)**

TAG: At the end of wall #9 (3:00 wall) – there is an 8 count tag:

- 1-4 Step R to right, touch L next to R, rock back on L, recover on R
5-8 Step L to left, touch R next to L, rock back on R, recover on L

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