

# Life Is Life

**Compte:** 32

**Mur:** 4

**Niveau:** Improver/Easy Intermediate

**Chorégraphe:** Mithitha Kaeru (INA) & Roosamekto Mamek (INA) - December 2023

**Musique:** Life Is Life (C'est la vie) - Willy William



**Intro: 32 Count (approximately 00:21)**

## **S1. SAMBA CROSS, CROSS SHUFFLE, SAMBA WHISK R & L**

- 1&2 Cross R over L – Rock L to side – Recover on R (12:00)  
3&4 Cross L over R – Step R to side – Cross L over R  
5a6 Step R to side – Rock L back – Recover on R  
7a8 Step L to side – Rock R back – Recover on L

## **S2. R SIDE MAMBO, L SIDE MAMBO, FORWARD MAMBO, BACK MAMBO**

- 1&2 Rock R to side – Recover on L – Step R together (12:00)  
3&4 Rock L to side – Recover on R – Step L together  
5&6 Rock R forward – Recover on L – Step R back  
7&8 Rock L back – Recover on R – Step L forward

## **S3. FORWARD, TAP, BACK, SWEEP, BEHIND, SIDE, CROSS, CONTINUOUS CROSS SHUFFLE TURN 3/4 LEFT**

- 1&2& Step R forward – Tap L behind R – Step L back – Sweep R back  
3&4 Cross R behind L – Step L to side – Cross R over L (12:00)  
5&6& Turn 1/4 left cross L over R (9:00) – Step R to side – Turn 1/4 left cross L over R (6:00) – Step R to side  
7&8 Turn 1/8 left cross L over R (4:30) – Step R to side – Turn 1/8 left cross L over R (3:00)

## **S4. SYNCOPATED HALF BOX FORWARD, STATIONARY SAMBA (WALK)**

- 1&2 Step R to side – Step L together – Step R forward (3:00)  
3&4 Step L to side – Step R together – Step L forward  
5a6 Step R together – Rock L back – Recover on R  
7a8 Step L together – Rock R back – Recover on L (3:00)

## **REPEAT**

**For more info about step sheet & song, please contact:**

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