

What a Life

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Nicolas Rudent (FR) - January 2024

Musique: What a Life - Scarlet Pleasure



Intro: 32 Counts

S1: Step R, Lock L, Triple Step, Step L, Lock R, Triple Step

- 1-2 Step R diagonal R, Step L cross behind R
- 3&4 On the same spot, change body weight Right Left Right
- 5-6 Step L diagonal L, Step R cross behind L
- 7&8 On the same spot, change body weight Left Right Left

S2: Mambo Fwd R, Mambo Back L, ¼ R Step R, ¼ R Step L, ¼ R Shuffle R

- 1&2 Rock R forward, recover to L, weight on R
- 3&4 Rock L backward, recover to R, weight on L
- 5-6 ¼ R step R, ¼ R Step L (06h00)
- 7&8 1/4 R step R, close L next to R, step R (09h00)

S3: Side Rock Step L, Behind Side Cross, Side Rock Step R, Behind Side Cross

- 1-2 Rock L to L, recover to R
- 3&4 Step L behind R, Step R to R, Step L over R
- 5-6 Rock R to R, recover to L
- 7&8 Step R behind L, Step L to L, Step R cross L

S4: Side Rock Step L, Swipe L behind R, Unwind full turn L, Side Step R, Heel bounces*2

- 1-2 Rock L to L, recover to R
 - 3-4 Swipe L behind R, cross L behind R, full turn L, body weight on the L
 - 5-6 Big side step R on R, close L to R
 - 7-8 Lift the heels twice, body weight on L
-