

# Life

Compte: 32

Mur: 2

Niveau: Beginner / Intermediate - Country



Chorégraphe: Antonio Manigas (IT) - August 2024

Musique: What A Life - Russell Dickerson

**\*\*Restarts after 16 counts to 3th and 5th repetition\*\***

## **S1) ROCK RECOVER R., COASTER STEP, STOMP L., HOLD, ROCK RECOVER**

- 1 – 2            Setp Right Forward , Return To Left
- 3 & 4           Step Right Backward , Step Left Beside Right , Step Right Forward
- 5 – 6           Step Left Forward And Stomp , Hold
- 7 – 8           Step Right Forward , Return To Left

## **S2) COASTER STEP , PIVOT, TURN ½ BACK SHUFFLE R., ROCK RECOVER**

- 1 & 2           Step Right Backward , Step Left Beside Right , Step Right Forward
- 3 – 4           Step Left Forward , Turn ½ (06:00)
- 5 & 6           Turn Back ½ (00:00) And Step Left Backward , Step Right Beside Left , Step Left Backward
- 7 – 8           Step Right Backward , Return To Left

## **S3) FLICK R., CROSS , CHASSE' L., CROSS RECOVER , TURN ¼ ROCK , TURN ¼ SCUFF L.**

- 1 – 2           Flick Right And Slap , Cross Right Over Left
- 3 & 4           Step Left To Left Side , Step Right Beside Left , Step Left To Left Side
- 5 – 6           Step Right Diagonally Forward And Cross Over Left , Return To Left
- 7 – 8           Turn ¼ To Right (03:00) And Step Right Forward , Turn ¼ To Right (06:00) And Scuff Left

## **S4) JAZZ BOX , STOMP UP R., HEEL SWITCHES R. & L., FLICK R., SCUFF R.**

- 1 – 2           Cross Step Left Over Right , Step Right To Side
  - 3 – 4           Step Left Backward , Step Right Forward And Stomp Up
  - &5 - &6        Step Right Forward And Heel , Return Beside Left , Step Left Forward And Heel , Return Beside Right
  - 7 – 8           Flick Right , Scuff Right
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