

# Life Is A Flower

Compte: 88

Mur: 2

Niveau: Intermediate

Chorégraphe: Amy Lemkey

Musique: Life Is a Flower - Ace of Base



## **¼ JAZZ BOX, STRAIGHT JAZZ BOX**

- 1-2 Cross right over left, step left back while turning ¼ right  
3-4 Step right to right side, step left beside right  
5-8 Cross right over left, step left back, step right to right side, step left beside right

## **WALKS FORWARD WITH ARM FLICKS, WALKS BACK WITH ARM FLICKS**

- 9 Step right forward while flicking right arm forward  
10 Step left forward while flicking left arm forward

### **Both arms are now forward**

- 11-12 Flick both arms forward twice  
13 Step right back while putting right arm down  
14 Step left back while putting left arm down  
15-16 Flick arms in a downwards motion twice

## **KNEE POP, KICK, FLICK WITH ARMS, ¼ TURN RIGHT, KNEE POPS**

- 17-19 Pop right knee in towards left leg, kick right forward, step right beside left  
20 Flick left leg backwards while flicking both arms up  
21 On ball of right foot turn ¼ right while stepping left beside right and popping right knee in  
22-24 Pop left knee in, pop right knee in, pop left knee in

## **LEFT SHUFFLE, RIGHT SHUFFLE, FULL TURN, STOMP LEFT, STOMP RIGHT**

- 25&26 Step left forward, step right beside left, step left forward  
27&28 Step right forward, step left beside right, step right forward  
29 On ball of right foot turn ½ a turn over right shoulder  
30 On ball of left foot turn ½ a turn over right shoulder  
31-32 Stomp left beside right, stomp right beside left

## **CROSS STRUT, SIDE STRUT, CROSS STRUT, SIDE STRUT**

- 33-34 Cross left toe over right, step down on left heel  
35-36 Step right toe to right side, step down on right heel  
37-38 Cross left toe over right, step down on left heel  
39-40 Step right toe to right side, step down on right heel

**Instead of side struts you could always shimmy**

## **LEFT SAILOR STEP, RIGHT SAILOR STEP, LEFT BEHIND, UNWIND, HIP ROLLS**

- 41&42 Cross left behind right, step right forward, step left beside right  
43&44 Cross right behind left, step left forward, step right beside left  
45-46 Cross left behind right, unwind ½ a turn over left shoulder  
47-48 Roll hips to the right over (2) counts

## **HIP BUMPS TRAVELING FORWARD, STOMP RIGHT, STOMP LEFT, BODY ROLL**

- 49&50 Step diagonally forward on right while bumping hips right, left, right  
51&52 Step diagonally forward on left while bumping hips left, right, left  
53-54 Stomp right beside left, stomp left beside right  
55-56 Reversed body roll starting from head to toe

## **SIDE SHUFFLE, BRUSH, SWEEP, SIDE SHUFFLE, BRUSH, SWEEP**

- 57&58 Step right to right side, step left beside, right, step right to right side  
 59 Turn an 1/8 right while brushing left foot forward  
 60 Turn an 1/8 left while brush left foot over right  
 61&62 Step left to left side, step right beside left, step left to left side  
 63 Turn an 1/8 left while brushing right foot forward  
 64 Turn an 1/8 left while brushing right foot over left

**You should end facing 9:00 wall from beginning**

**SIDE STRUT, ½ TURN STRUT, ½ TURN STRUT, ½ TURN STRUT**

- 65-66 Step right toe to right side, step down on right heel  
 67-68 Pivot ½ a turn over right shoulder stepping left toe to left side, step down on left heel  
 69-70 Pivot ½ a turn over left shoulder stepping right toe to right side, step down on right heel  
 71-72 Pivot ½ a turn over right shoulder stepping left toe to left side, step down on left heel

**VAUDEVILLE STEPS, STEP ½ TURN, RIGHT SHUFFLE**

- 73&74 Cross right over left, step left back, touch right heel to right diagonal  
 & Step right beside left  
 75&76 Cross left over right, step right back, touch left heel to left diagonal  
 & Step left beside right  
 77-78 Step right forward, pivot ½ a turn over left shoulder  
 79&80 Step right forward, step left beside right, step right forward

**VAUDEVILLE STEPS, STEP ½ TURN, ¼ TURNING LEFT SHUFFLE**

- 81&82 Cross left over right, step right back, touch left heel to left diagonal  
 & Step left beside right  
 83&84 Cross right over left, step left back, touch right heel to right diagonal  
 & Step right beside left  
 85-86 Step left forward, pivot ½ a turn over right shoulder  
 87&88 While turning a ¼ right step left forward, step right beside left, step left forward

**REPEAT**

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