

# Life's About

拍数: 48                      墙数: 4                      级数: Improver  
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音乐: Life's About To Get Good - Shania Twain : (Album: Now)



**Info: Start after 16 counts on vocals**

## Walk Fwd x2, Mambo Fwd, Coaster, Mambo Fwd Point

1-2                      RF step forward, LF step forward  
3&4                      RF rock forward, LF recover, RF step slightly back  
5&6                      LF step back, RF together, LF step forward  
7&8                      RF rock forward, LF recover, RF point side

## Behind Side Cross, Half Rumba Box Fwd, Toe Heel Stomp, Toe Heel Cross

1&2                      RF cross behind, LF step side, RF cross over  
3&4                      LF step side, RF together, LF step forward  
5&6                      RF touch toes beside turned inward, RF touch heel beside turned inward, RF stomp across  
7&8                      LF touch toes beside turned inward, LF touch heel beside turned inward, LF cross over

## Step Lock Step Bkw, Coaster, Vaudeville x2

1&2                      RF step back, LF lock across, RF step back  
3&4                      LF step back, RF together, LF step forward  
5&6&                      RF cross over, LF step slightly left back, RF dig heel right forward, RF together  
7&8&                      LF cross over, RF step slightly right back, LF dig heel left forward, LF together

## Pivot ½ L, Diag. Step Lock Step Fwd x2, Diag. Fwd, Touch, Diag. Back, Hook

1-2                      RF step forward, R+L ½ turn left  
3&4                      RF step right forward, LF lock behind, RF step forward  
5&6                      LF step left forward, RF lock behind, LF step forward  
7&8&                      RF step right forward, LF touch beside, LF step left back, RF hook across [6]

## Rock Fwd Recover, Ball Back, Back, Rock Back Recover, Ball Fwd, Fwd

1-2                      RF rock forward, LF recover  
&3-4                      RF step beside on ball foot, LF step back, RF step back  
5-6                      LF rock back, RF recover  
&7-8                      LF step beside on ball foot, RF step forward, LF step forward [6]

## Rock Side Recover, Behind, ¼ L Fwd, Fwd, Rock Fwd Recover, Shuffle ½ L

1-2                      RF rock side, LF recover  
3&4                      RF cross behind, LF ¼ left step forward, RF step forward  
5-6                      LF rock forward, RF recover  
7&8                      LF ¼ left step side, RF step beside, LF ¼ left step forward [9]

**Start again**

**TAG: After the 1st, 3rd and 5th wall:**

## Mambo Fwd, Coaster

1&2                      RF rock forward, LF recover, RF step slightly back  
3&4                      LF step back, RF together, LF step forward