

# This Is The Life

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Ira Barie (INA) - November 2022  
音乐: This Is The Life (feat. Zoë Low) - Little Kings & Kalkovich



No Tag No Restart  
Intro 16 Count

## I. Half Rumba Box, Rock Forward, Recover, 1/2 Turn L, 1/4 Pivot Turn L, Cross Shuffle, Side, Touch Diagonally Forward, Together

1&2      Step RF to side, step LF together, step RF forward  
3&4      Rock LF forward, recover on RF, 1/2 turn L step LF forward (6 o'clock)  
5&      Step RF forward, 1/4 turn L (weight on LF) (3 o'clock)  
6&7      Step RF cross over LF, step LF to side, step RF cross over LF  
&8&      Step LF to side, touch RF diagonally forward, step RF next to LF

## II. Cross, 1/4 turn L Backward with Sweep, Coaster Step, Syncopated Rocking Chair, Forward Lock Shuffle

1,2      Step LF cross over RF, 1/4 turn L stepping RF backward with LF sweep front to back  
3&4      Step LF backward, step RF next to LF, step LF forward  
5&6&      Step RF forward, recover on LF, step RF backward, recover on LF  
7&8      Step RF forward, step LF behind RF, step RF forward

## III. Syncopated Weave to L, 1/4 turn L, Forward, 1/4 turn L, Cross Shuffle

1,2&      Step LF to side, step RF cross behind LF, step LF to side  
3&4&      Step RF cross over LF, step LF to side, step RF cross behind LF, 1/4 turn L stepping LF forward (9 o'clock)  
5,6      Step RF forward, 1/4 turn L (weight on LF) (6 o'clock)  
7&8      Step RF cross over LF, step LF to side, step RF cross over LF

## IV. Samba Whisk, 1/4 Turning R Chasse, 1/4 Pivot Turn R, Cross, 1/4 Turn L Backward, 1/2 Turn L Forward

1,2&      Step LF to side, step RF cross behind LF, recover on LF  
3&4      Step RF to side, step LF next to RF, 1/4 turn R stepping RF forward (9 o'clock)  
5&6      Step LF forward, 1/4 turn R (weight on RF), step LF cross over RF (12 o'clock)  
7.      1/4 turn L stepping RF backward (9 o'clock)  
8.      1/2 turn L stepping LF forward (3 o'clock)