

# How I Live

拍数: 108      墙数: 2      级数: Advanced  
编舞者: Mark Furnell (UK) & Chris Godden (UK) - August 2024  
音乐: How I Live - Nessa Lea



**Intro: 24 Counts, Start at approx 9 secs**

**SEC 1 1/8 Weave, Coaster Step, Step, 1/2 Pivot, Step, Full Spiral Turn, Step**

1-2-3      Cross left over right, step right to right, turn 1/8 left step left back (10:30)  
4-5-6      Step right back, step left beside right, step right forward  
1-2-3      Step left forward, pivot 1/2 right transferring weight on to right over 2 counts (4:30)  
4-5-6      Step left forward, spiral full turn right hooking right over left, step right forward (4:30)

**SEC 2 1/4 Back Sweep, Back Rock, Hold, 1/8 Twinkle, Twinkle**

1-2-3      Turn 1/4 right step left back sweeping right from front to back over 3 counts (7:30)  
4-5-6      Rock right back, hold over 2 counts  
1-2-3      Step left forward, turn 1/8 left step right to right, step left to left (6:00)  
4-5-6      Cross right over left, step left to left, step right to right

**SEC 3 Weave, 1/4 Step 1/4 Hitch, 1/8 Press, Hold, Coaster Step**

1-2-3      Cross left over right, step right to right, step left behind right  
4-5-6      Turn 1/4 right step right forward turn 1/4 right hitch left knee over 3 counts (12:00)  
1-2-3      Turn 1/8 right press left forward, hold over 2 counts (1:30)  
4-5-6      Step right back, step left beside right, step right forward

**SEC 4 1/8 Weave, 1/4 Step Hitch, Rock, Recover, Point, Hold**

1-2-3      Step left forward, turn 1/8 left step right to right, step left behind right (12:00)  
4-5-6      Turn 1/4 right step right forward hitching left knee over 3 counts (3:00)

**Option Full turn right hitching left knee over 5-6**

1-2-3      Rock left forward over 3 counts  
4-5-6      Recover weight onto right, point left to left, hold

**SEC 5 5/8 Diamond, 1/8 Weave**

1-2-3      Cross left over right, step right to right, turn 1/8 left step left back (1:30)  
4-5-6      Step right back, turn 1/8 left step left to left, turn 1/8 left step right forward (10:30)  
1-2-3      Step left forward, turn 1/8 left step right to right, turn 1/8 left step left back (7:30)  
4-5-6      Step right back, turn 1/8 left step left to left, cross right over left (6:00)

**SEC 6 Side Balance, Side Balance, Sway, Sway**

1-2-3      Step left to left, rock right back, recover weight onto left  
4-5-6      Step right to right, rock left back, recover weight onto right  
1-2-3      Step left to left swaying body left over 3 counts  
4-5-6      Sway body right over 3 counts

**Restart Here on Wall 2 and 4**

**SEC 7 5/8 Diamond, 1/8 Weave**

1-2-3      Cross left over right, step right to right, turn 1/8 left step left back (4:30)  
4-5-6      Step right back, turn 1/8 left step left to left, turn 1/8 left step right forward (1:30)  
1-2-3      Step left forward, turn 1/8 left step right to right, turn 1/8 left step left back (10:30)  
4-5-6      Step right back, turn 1/8 left step left to left, cross right over left (9:00)

**SEC 8 Side Balance, Side Balance, Sway, Sway**

1-2-3      Step left to left, rock right back, recover weight onto left

4-5-6 Step right to right, rock left back, recover weight onto right  
1-2-3 Step left to left swaying body left over 3 counts  
4-5-6 Sway body right over 3 counts

**SEC 9 ¼ Step, Hold, Step, Hold, Together, Hold, Out, Out, Together**

1-2-3 Turn ¼ left step left forward, hold over 2 counts (6:00)  
4-5-6 Step right forward, hold over 2 counts  
1-2-3 Step left beside right, hold over 2 counts

**Styling Collapse body**

4-5-6 Hold over 3 counts  
1-2-3 Hold over 3 counts

**Styling Over last 6 counts, recover to standing slowly expanding body**

**Note On Wall 5, Omit the 6 count hold continuing with last 3 counts**

4-5-6 Step right to right, step left to left, step right beside left

**Ending After 72 counts of Wall 6**

**Step, Hold, Step, Hold, Together**

1-2-3 Step left forward, hold over 2 counts  
4-5-6 Step right forward, hold over 2 counts  
1-2-3 Step left beside right

**Styling Collapse body**

**Last Update: 13 Aug 2024**

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