

It Is the Life

拍数: 32 墙数: 2 级数: Beginner
编舞者: Tracey Collins (NZ) - February 2025
音乐: This Is the Life - Amy Macdonald



16 Count Intro
One Restart

Side, Together, Side Shuffle, Rock Back, Recover, Side Shuffle

1, 2 Step R to right side, Step L beside R
3&4 Step R to right side, Step L beside R, Step R to right side
5, 6 Step L back, Recover weight onto R
7&8 Step L to left side, Step R beside L, Step L to left side

Point, Point, Coaster Step, ½ Pivot, Shuffle Forward

1, 2 Point R toe across L, Point R toe to right side
3&4 Step R back, Step L beside R, Step R forward
5, 6 Step L forward, Pivot ½ on R (facing 6:00)
7&8 Step L forward, Step R beside L, Step L forward

***Restart here on wall 3**

Heel, Hook, Heel, Coaster Step, Out, In, Out, Shuffle Forward

1&2 Place R heel forward, Hook R leg in front of L leg, Place R heel forward
3&4 Step R back, Step L beside R, Step R forward
5&6 Point L toe out to left side, Point L toe beside R foot, Point L toe out to left side
7&8 Step L forward, Step R beside L, Step L forward

½ Pivot, Shuffle Forward, Paddle, Recover, Paddle, Touch

1, 2 Step R forward, Pivot ½ on L (facing 12:00)
3&4 Step R forward, Step L beside R, Step R forward
5, 6 Step L forward turning a ¼ turn, Recover weight onto R (facing 3:00)
7, 8 Step L forward turning a ¼ turn, Place R toe beside L (facing 6:00)

Restart: After 16 counts on walls 3 (facing 6:00)

Ending: At end of wall 8 (facing 12:00) -Hold until the word "to-night." Start wall 9 as she sings "night" and dance the first 14 counts. For the last steps (7 and 8) substitute a ½ pivot in place of the shuffle forward, then place feet together to finish the dance.

7, 8 Step L forward, Pivot ½ on R (facing 12:00)
9 Place L beside R

(The ending is easier than it sounds).

This dance is for my Aunty Jan.