

# It's All Life

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Lady Lace (UK)  
音乐: I'll Wait For Life - Take That



## 2 SHUFFLES, STEP ½ TURN, TRIPLE FULL TURN, ¼ TURN LEFT

1&2      Step right forward, lock step left behind right, step right forward  
3&4      Step left forward, lock step right behind left, step left forward  
5-6      Step right forward, pivot ½ turn left shifting weight to left foot  
7&8      Full turn forward, stepping right, left, right  
&      Step left to side making ¼ turn left

## CROSS ROCK & CROSS ROCK & CROSS ROCK, RECOVER, 3 ½ TURNS RIGHT, ROCK RECOVER

1-2&      Cross rock right over left, recover, step right beside left  
3-4&      Cross rock left over right, recover, step left beside right  
5-6      Cross rock right over left, recover

### Traveling forward

8&7&      Make ½ turn right and step right forward, turn ½ turn right and step left back, turn ½ turn right and step right forward

**Easier option: step right beside left, step left back, step right beside left, rock left to side ¼ turn left, recover**

8&      Step rock left forward, recover onto right foot

## ¼ TURN MAMBO FORWARD, MAMBO BACK, STEP LOCK BACK, STEP LOCK BACK, & TOGETHER

1&2      Turn ¼ turn right and rock left forward, recover, step left beside right  
3&4      Rock right back, recover, step right beside left  
5&6      Step left back, lock step right over left, step left back  
7&8      Step right back, lock step left over right, step right back  
&      Step left beside

**Restart here during walls 3 and 6**

## WEAVE LEFT, POINT, FORWARD POINT, TOE ACROSS UNWIND ¾ TURN, FORWARD

1-2      Sweep right over left, step left to side  
3-4      Step right behind, point left to side  
5-6      Step left forward, point right to side  
7-8      Touch right toe across left, unwind ¾ left, step left forward

## REPEAT

## RESTART

**Restart after 24 counts during wall 3 and 6**

## TAG

**End of wall 7**

1-2      Step right forward, ½ turn left shifting weight to left foot  
3-4      Step right forward, ½ turn left shifting weight to left foot