

# Dance To Life

拍数: 0                      墙数: 2                      级数: Improver  
编舞者: Jette M. Sørensen (DK)  
音乐: Life's a Dance - John Michael Montgomery



Sequence: AB, AB, Bridge, A(1-32), A to the end

## PART A

### WALK, HOLD RIGHT, LEFT, ROCK FORWARD RIGHT, ½ TURN RIGHT, HOLD

1-4                      Walk forward stepping right, hold, left, hold  
5-6                      Step forward on right, recover on left  
7-8                      On ball of left make ½ turn right stepping forward onto right, hold

### SCISSORS, HOLD LEFT, RIGHT

9-12                     Step left to left side, step right next to left, cross left over right, hold  
13-16                    Step right to right side, step left next to right, cross right over left, hold

### BACK LOCK, HOLD, SLOW BACK COASTER RIGHT, HOLD

17-20                    Step back on left, lock right in front of left, step back on left, hold  
21-24                    Step back on right, step left next to right, step forward on right, hold

### PIVOT ½ TURN RIGHT, STEP FORWARD, HOLD, ROCKING CHAIR RIGHT

25-28                    Step forward on left, pivot ½ turn right, step forward on left, hold  
29-32                    Rock forward on right, recover on left, rock back on right, recover on left

**During the first time dancing part a after the bridge make a restart at this point**

### VINE RIGHT, TOUCH, ROLLING VINE LEFT, TOUCH

33-36                    Step right to right, cross left behind right, step right to right, touch left next to right  
37-40                    Step left foot ¼ turn left, step right foot ¼ turn right, step left foot to the left making ½ turn on ball of right, touch right next to left

### WALK BACK RIGHT-LEFT-RIGHT, TOUCH, SLOW SHUFFLE FORWARD LEFT, BRUSH

41-44                    Walk backwards stepping right, left, right, touch left next to right  
45-48                    Step forward on left, slide right up to left, step forward on left, brush right

### PIVOT ½ TURN LEFT, STEP FORWARD, HOLD, LOCK STEP FORWARD LEFT, HOLD

49-52                    Step forward on right, pivot ½ turn left, step forward on right, hold  
53-56                    Step forward on left, lock right up behind left, step forward on left, hold

### ROCKING CHAIR RIGHT TWICE, ROCK STEP FORWARD RIGHT

57-60                    Rock forward on right, recover on left, rock back on right, recover on left  
61-64                    Rock forward on right, recover on left, rock back on right, recover on left  
65-66                    Rock forward on right, recover on left

## PART B

Same as A just only until count 48

### WALK, HOLD RIGHT, LEFT, ROCK FORWARD RIGHT, ½ TURN RIGHT, HOLD

1-4                      Walk forward stepping right, hold, left, hold  
5-6                      Step forward on right, recover on left  
7-8                      On ball of left make ½ turn right stepping forward onto right, hold

### SCISSORS, HOLD LEFT, RIGHT

9-12 Step left to left side, step right next to left, cross left over right, hold  
13-16 Step right to right side, step left next to right, cross right over left, hold

**BACK LOCK, HOLD, SLOW BACK COASTER RIGHT, HOLD**

17-20 Step back on left, lock right in front of left, step back on left, hold  
21-24 Step back on right, step left next to right, step forward on right, hold

**PIVOT ½ TURN RIGHT, STEP FORWARD, HOLD, ROCKING CHAIR RIGHT**

25-28 Step forward on left, pivot ½ turn right, step forward on left, hold  
29-32 Rock forward on right, recover on left, rock back on right, recover on left

**VINE RIGHT, TOUCH, ROLLING VINE LEFT, TOUCH**

33-36 Step right to right, cross left behind right, step right to right, touch left next to right  
37-40 Step left foot ¼ turn left, step right foot ¼ turn right, step left foot to the left making ½ turn on ball of right, touch right next to left

**WALK BACK RIGHT-LEFT-RIGHT, TOUCH, SLOW SHUFFLE FORWARD LEFT, BRUSH**

41-44 Walk backwards stepping right, left, right, touch left next to right  
45-48 Step forward on left, slide right up to left, step forward on left, brush right

**BRIDGE**

**VINE RIGHT, TOUCH, ROLLING VINE LEFT, TOUCH**

1-4 Step right to right, cross left behind right, step right to right, touch left next to right  
5-8 Step left foot ¼ turn left, step right foot ¼ turn right, step left foot to the left making ½ turn on ball of right, touch right next to left

**WALK BACK RIGHT-LEFT-RIGHT, TOUCH, SLOW SHUFFLE FORWARD LEFT, BRUSH**

9-12 Walk backwards stepping right, left, right, touch left next to right  
13-16 Step forward on left, slide right up to left, step forward on left, brush right

**Dedicated to my beloved husband Poul Erik, who is always there for me, making my life a dance!**

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