

# This Is My Life

拍数: 64      墙数: 2      级数: Improver  
编舞者: TeeKay (NL) - June 2008  
音乐: This Is the Life - Amy Macdonald



## Toe Strut X2, Rock Step, Stomp, Stomp

1,2      RF touch toe forward, RF step down  
3,4      LF touch toe forward, LF step down  
5,6      RF rock to R side, weight back on LF  
7,8      RF stomp next to LF, RF stomp next to LF

## Toe Strut X2, Rock Step, Stomp, Stomp

1,2      RF touch toe forward, RF step down  
3,4      LF touch toe forward, LF step down  
5,6      RF rock to R side, weight back on LF  
7,8      RF stomp next to LF, RF stomp next to LF

## Shuffle, Mambo Step, Monterey Turn (Start)

1,2,3      RF step forward, LF close next to RF, RF step forward  
4,5,6      LF rock to left side, weight back on RF, LF close next to RF  
7,8      RF touch to R side, make ¼ turn R while closing RF next to LF

## Monterey Turn (Finish), Monterey Turn, Touches

1,2      LF touch to L side, LF close next to RF  
3,4      RF touch to R side, make ¼ turn R while closing RF next to LF  
5,6      LF touch to L side, LF close next to RF  
7,8      LF touch to L side, LF close next to RF

## Shuffle. Mambo Cross, Kick, Kick

1,2,3      RF step forward, LF close next to RF, RF step forward  
4,5,6      LF rock to L side, weight back on RF, LF cross over RF  
7,8      RF kick slightly R forward, RF kick slightly R forward

## Weave L, Kick, Weave R, Hold

1,2,3      RF cross behind LF, LF step to L side, RF cross over LF  
4,5      LF kick slightly L forward, LF cross behind RF  
6,7,8      RF step to R side, LF cross over RF, hold

## Pivot, Pivot Back, Coaster Step, Brush

1,2      LF + RF make ½ turn R, hold  
3,4      LF + RF turn ½ back, hold  
5,6,7      LF step back, RF step next to LF, LF step forward  
8      RF brush forward

## Cross Toe Struts, Jazz Box

1,2      RF touch toe across LF, RF step down  
3,4      LF step on toes to L side, step down on LF  
5,6      RF cross over LF, LF step back  
7,8      RF step to R side, LF step forward