

# This Is Amy

拍数: 32      墙数: 4      级数: Improver  
编舞者: Quim Aymerich (ES) - May 2009  
音乐: This Is the Life - Amy Macdonald



Dance start with lyrics.  
Step sheet by Muntsa Sidera

## SIDE-TOGETHER-SIDE, BEHIND-SIDE-CROSS, 3 SIDE TOUCHES - ¼ TURN SAILOR STEP

- 1&2      Touch right toe to right side, right beside left, touch right toe to right side.  
3&4      Step right behind left, step left to left side, cross right in front of left.  
5&6      Touch left toe to left side, touch left toe a little bit more to left, touch left toe a little bit more to left side.  
7&8      Step left behind right, doing a ¼ turn right step right to right side, step left to left side.

## SHUFFLE FORWARD, STEP-¼ TURN RIGHT-CROSS, ¼ TURN RIGHT -½ TURN LEFT-STEP, STEP-½TURN RIGHT-STEP

- 9&10      Step right forward, left beside right, step right forward.  
11&12      Step left forward, pivot ¼ turn right, step/cross left in front of right.  
13&14      Doing a ¼ turn right step right forward, pivot ½ turn left (weight on left foot), step right forward.  
15&16      Step left forward, ½ turn right, step left forward.

## ¼ TURN RIGHT WAVE, STEP, ½ TURN RIGHT, STEP - ¼ TURN LEFT, ½ TURN LEFT.

- 17&18      Step right to right side, left behind right, step right to right side.  
&19&20      Cross left over right, step right to right side, left behind right, doing a ¼ turn right step forward.  
21&22      Step left forward, ½ turn right, step left forward.  
23-24      Step right forward doing a ¼ turn left, doing a ½ turn left over right foot step left to left side.

## RIGHT MAMBO FORWARD, LEFT MAMBO BACK, JAZZ BOX

- 25&26      Step right forward, recover weight onto left, right beside left.  
27&28      Step left back, recover weight to right foot, step left beside right.  
29-30      Cross right over left, step left back.  
31-32      Step right to right side, left beside right.

## START AGAIN

## BRIDGE

On the 8th wall we dance til count 16, and after it we do a jazzbox:

- 1-2      Cross right over left, step left back.  
3-4      Step right to right side, left beside right.

We start again from step number 1. As it is the last wall, we dance til count number 16 and end with a touch with right toe beside left.