

# Live This Life

拍数: 64                      墙数: 2                      级数: Intermediate  
编舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - October 2011  
音乐: I Won't Let You Go - James Morrison



**Starts After 32 Counts. (26 Seconds.. On Music)**

**Back, Together, Step, Right Lock Step, Rock Step, Behind & Cross.**

1-3                      Step back on Left, step Right next to Left, step forward on Left.  
4&5                     Step forward on Right, lock Left behind Right, step forward on Right.  
6-7                     Rock forward on Left, recover on Right sweeping Left.  
8&1                     Cross step Left behind Right, step Right to Right side, cross step Left over Right.

**Side, Together, Side Together Side, Cross Rock, Side Together 1/4.**

2-3                     Step Right to Right side, step Left next to Right.  
4&5                     Step Right to Right side, step Left next to Right, step Right to Right side.  
6-7                     Cross rock Left over Right, recover on Right.  
8&1                     Step Left to Left side, step Right next to Left, make 1/4 turn Left stepping forward on Left.

**Step, 1/2, Shuffle 1/2, Rock Step, Back, 1/4 Cross.**

2-3                     Step forward on Right, make 1/2 turn to Right stepping back on Left.  
4&5                     Make 1/4 turn to Right stepping Right to Right side, step Left next to Right, 1/4 turn to Right stepping forward on Right.  
6-7                     Rock forward on Left, recover on Right.  
8&1                     Step back on Left, make 1/4 turn to Right stepping Right to Right side, cross Left over Right.

**Unwind Full Turn, Rock & Together, Rock Step, Back Lock 1/2.**

2-3                     Unwind full turn to Right over 2 counts.  
4&5                     Rock to Right side on Right, recover on Left, step Right next to Left.  
6-7                     Rock forward on Left, recover on Right.  
8&1                     Step back on Left, lock Right over Left, make 1/2 turn Left stepping forward on Left

**Side, 1/4, Shuffle Forward, Step, Together, Step Lock Back.**

2-3                     Step Right to Right side, make 1/4 turn to Left stepping Left to Left side.  
4&5                     Step forward on Right, step Left next to Right, step forward on Right.  
6-7                     Step forward on Left, step Right next to Left.  
8&1                     Step back on Left, lock Right over Left, step back on Left.

**\*1/2, 1/2, Sailor 1/4 Cross, 1/4, 1/4, Sailor 1/2 Cross.**

2-3                     Make 1/2 turn to Right stepping forward on Right, 1/2 turn to Right stepping back on Left.  
(sweeping Right) (3:00)  
4&5                     Make 1/4 turn Right cross stepping Right behind Left, step Left next to Right, cross step Right over Left. (6:00)  
6-7                     Make 1/4 turn to Left stepping forward on Left, 1/4 turn to Left stepping Right to Right side.  
(sweeping Left) (12:00)  
8&1                     Make 1/4 turn to Left cross stepping Left behind Right, 1/4 turn Left stepping Right next to Left, cross step Left over Right. (6:00)

**Sweep, Cross, Coaster Cross, Sweep, Cross, Coaster Step.**

2-3                     Sweep Right around from back to front, cross step Right over Left.  
4&5                     Step back on Left, step Right next to Left, cross step Left over Right.  
6-7                     Sweep Right around from back to front, cross step Right over Left.  
8&1                     Step back on Left, step Right next to Left, step forward on Left.

**Step, 1/2, Shuffle Back, Back, 1/2, Mambo Back.**

- 2-3 Step forward on Right, make 1/2 turn to Right stepping back on Left.  
4&5 Step back on Right, step Left next to Right, step back on Right.  
6-7 Step back on Left, make 1/2 turn to Right stepping forward on Right.  
8& (1) Rock forward on Left, recover on Right, (step back on Left).
-