

# Dance Life

拍数: 32                      墙数: 4                      级数: Easy Intermediate  
编舞者: Francien Sittrop (NL) & Lorna Mursell (UK) - September 2013  
音乐: Let's Dance - Five



**Intro: Start on Heavy Beat after 48 counts**

**[1 – 8] V Step, In In , Cross, ¼ R step Back, Kick Ball Cross**

1 – 2                      Step R out , Step L out (use Hips)  
3 – 4                      Step R back in Centre, Step L next to R  
5 – 6                      Step R across L, ¼ R step L back (03.00)  
7 & 8                      Kick R fwd, Step R down, Step L across R

**[9-16] Side Rock, Recover, Sailor 1/2 Turn R, Step, Bend, L Coaster Step**

1 – 2                      Rock R To R Side, Recover onto L  
3 & 4                      Cross R Behind L Making 1/2 Turn R, Step L Beside R, Step R Forward (09.00)  
5 & 6                      Step Forward On Left, Bend Knees, And Rise  
7 & 8                      Step Back on Left, Step Right beside Left, Step Left Forward

**[17-24] Syncopated Lock steps , Rock Recover, Touch Back , ¾ Turn R**

1-2&                      Step R fwd. Lock L behind R, Step R fwd  
3-4&                      Step L fwd, Lock R behind L, Step L fwd  
5 – 6                      Rock R fwd, Recover onto L  
7 – 8                      Touch R back, Make ¾ Turn R (06.00)

**[25-32] Side, Behind, Side, Step fwd , Flick, Cross, Step Back, Chasse 1/4 L**

1-2&                      Step L To L Side, Step R Behind L, Step L To L Side  
3 – 4                      Step R fwd, Flick L Foot Back  
5 – 6                      Step L across R , Step Back on R  
7 & 8                      Step L To L Side Making 1/4 L, Step R Beside L, Step L Forward (03.00)

**Restarts: During wall 2, 5, 10 after count 16 start again with count 1**

**Ending: Last wall ends on wall 9 . Step R across L, ¼ Turn R step L back to the front wall**

**Contact: Websites: [www.franciensittrop.nl](http://www.franciensittrop.nl) & [lornamursell@hotmail.co.uk](mailto:lornamursell@hotmail.co.uk)**

**Last Revision - 16th Sept 2013**