

# More Than Life

拍数: 46      墙数: 2      级数: Intermediate  
编舞者: Natasha Ind (UK) - April 2014  
音乐: More Than Life - Gary Barlow



16 count intro start on vocal.

**S1: Side rock, return x2 toe, heel, land, cross half turn unwind right.**

1&2            Right side rock, return  
3&4            Left side rock return, landing left foot.  
5,6,&7,8      Right toe, heel, land and Cross left over right then slowly ½ unwind over right shoulder.

**S2: Side rock return x2, toe, heel, back rock recover.**

1&2            Right side rock return  
3&4            Left side rock return, landing left foot.  
5,6,7,8        Right toe, heel, back rock, recover onto left.

**S3: Forward shuffle x2 pivot half turns left x2.**

1&2            Step right forward, left next to right, right forward  
3&4            Step left forward, right next to left, step left forward  
5,6,7,8        Touch right forward, pivot half left. Step right forward, pivot half turn left.

**S4: Side rock, behind, side cross x2.**

1,2,3&4        Rock Right to right side, step right behind left, step left to left side, cross right in front of left.  
5,6,7&8        Rock left to left side, step left behind right, step right to right side, cross left in front of right.

**S5: Walk full turn Right, walk forward.**

1,2,3,4        Walk full turn right stepping Right,Left,Right,Left  
5,6,7,8        Walk forward, Right, Left, Right, Left.

**\*\* Restart here on wall 3. You will hear the music start to get a strong beat once landed Left foot at the end of the walk the beat will then kick in as you start the side rocks.**

**S6: Touch, kick, coaster step. Heel, Toe, Land.**

1,2,3&4        Touch Right next to left, Kick slightly forward, step Right back, step Left next to Right, step Right forward.  
5,6&            Touch Left next to Right, Left heel dig and land left foot.

End of dance

Thank you to Claire for the suggestion/telling me to write a dance to this track. X

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