

# This Is The Life

拍數: 48      牆數: 2      級數: Phrased Improver  
編舞者: Laine Arbidane (LAT) - December 2015  
音樂: This Is The Life - Amy McDonald



Sequence: AAB, AAB, BAA, HOLD, A

## PART A – 32 COUNTS

### A1: 2X SHUFFLES DIAGONAL FORWARD, RF SHUFFLE FORWARD, LF MAMBO FORWARD

1&2      RF step diagonal Forward, LF step next to RF, RF step diagonal (1:30)  
3&4      LF step diagonal Forward, RF step next to LF, LF step diagonal (11:30)  
5&6      RF step forward, LF step next to RF, RF step forward (12:00)  
7&8      LF step forward, recover on RF, LF step next to RF

### A2: HEEL JACK, HEEL JACK WITH ¼ TURN LEFT, PIVOT TURN STEP, FULL TURN FORWARD

1&2&      RF across LF, LF to the side, RF heel to the right diagonal, RF next to LF  
3&4&      LF across RF, RF to the side, LF heel to the left diagonal, turn 1/4 left LF step forward (9:00)  
weight  
5&6      RF step forward, ½ turn left recover on LF, RF step forward (3:00)  
7&8      ½ turn right LF back, ½ turn right RF step forward, LF step forward

### A3: RF SHUFFLE FORWARD, HEEL TOUCHES, STEP, KICK CROSS 2X, STEP, TOUCH

1&2      RF step forward, LF next to right, RF step forward  
3&4&      LF heel touch to diagonal, LF step next to RF, RF heel touch to diagonal, RF step next to LF  
5&6&      LF kick forward, LF step across RF, RF step next to LF, LF step next to RF  
7&8&      RF kick forward, RF step across LF, LF step next to RF, RF touch next to LF

### A4: ¼ TURN, 1/2 TURN, R COASTER STEP, STEP CLAP 2X, PIVOT TURN STEP

1-2      Turn ¼ right RF step forward (6:00), turn ½ right LF step back  
3&4      RF step back, LF step next to RF, RF step forward  
5&6&      LF step forward, Clap, RF step forward, Clap  
7&8      LF step forward, 1/2 turn right recover on RF, LF step next to RF

## PART B – 16 COUNTS

### B1: R SAILOR STEP, L SHUFFLE, TURN, TURN, KICK OUT OUT, STEP

1&2      RF cross behind LF, LF step next to RF, RF step side right  
3&4      LF step forward, RF step next to LF, LF step forward  
5-6      1/4 turn right RF step forward, ½ turn right LF step back  
7&8&      RF kick forward, RF step out to right side, LF step out to left side, RF step next to LF

### B2: STEP, TOUCH, STEP, TOUCH, 3/4 TRIPPLE TURN, R COASTER STEP, L SIDE MAMBO

1&2&      LF step forward, RF touch next to LF, RF step back, LF touch next to RF  
3&4      ¼ turn left LF step forward, 1/2 turn left RF step back, LF step next to RF  
5&6      RF step back, LF step next to RF, RF step forward  
7&8      LF rock to the side, recover weight on RF, LF next to RF

TAG: HOLD after wall 9 hold for 3 counts

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