

# This Is Our Life

拍數: 32      牆數: 4      級數: Improver  
編舞者: Micaela Svensson Erlandsson (SWE) - March 2022  
音樂: This Is Our Life - Bosson



Intro - 36 counts after heavy beat.

Restart: On Wall 10, after the Kick Ball Step, in section 3 (facing 3 O'clock).

**\*\*Dedicated to my lovely husband Mikael Erlandsson "LD Crazy Mike"**

**Section 1: Walk. Walk. Forward Lock Step. Step. Knee Pop ½ Pivot right. Back Rock.**

1-2            Walk forward on right. Walk forward on left.  
3&4           Step forward on right. Lock left behind right. Step forward on right.  
5-6           Step forward on left. Pop both knees turning ½ over right shoulder. (Weight on left)  
7-8           Rock back on right. Recover onto left.

**Section 2: Cross. Point. Cross. Point. Sailor Step. Touch. Unwind ½ left**

1-2            Cross right over left. Point left to left side.  
3-4            Cross left over right. Step right to right side.  
5&6           Cross right behind left. Rock left to left side. Recover onto right.  
7-8            Touch left toes back. Unwind ½ over your left shoulder.

**Section 3: Step. Turn ½ left. Kick Ball Step. Walk. Step. ¼ Turn right. Cross.**

1-2            Step forward on right. Turn ½ left.  
3&4            Kick right foot forward. Step right in place. Step forward on left.

**Restart here: Wall 10 facing 3 O'clock**

5              Walk forward on right.  
6-8            Step forward on left. Turn ¼ right. Cross left over right.

**Section 4: ¼ Turn left. ¼ Turn left. Forward Lock Step. Full Turn. Step. ½ Pivot. Hold.**

1-2            Turn ¼ left stepping back on right. Turn ¼ left stepping left to left side.  
3&4            Step forward on right. Lock left behind right. Step forward on right.  
5-6            Make a full turn forward over your right shoulder, stepping left, right.  
7-8            Step forward on left. Turn ½ Right leaving weight on left foot. Hold.

**Note: The music slows down or changes rhythm during Wall 9.**

**It may feel like you are out of rhythm for a short while but just keep on dancing at the same speed and you'll be back in rhythm before the wall is done.**

Last Update - 13 Mar 2022