

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