

# This Is the Life

拍數: 32      牆數: 4      級數: Improver  
編舞者: Hayley Wheatley (UK) - August 2024  
音樂: This Is the Life (The Sunnefield Remix) - Micky



Restart: on wall 4 after 16 Counts

Intro : 32 counts

## [1-8] CROSS R, SIDE ROCK, CROSS SHUFFLE, SIDE ROCK AND CROSS, SIDE BEHIND ¼ TURN

1&2&      Cross RF over L (1), Recover on L (&), Rock RF to R side (2), Recover on R (&)  
3&4      Cross RF over L (3), Step LF to L side (&), Cross RF over L (4)  
5&6      Rock LF to L side (5), Recover on RF (&), Cross LF over R (6)  
&78      Step RF to R side (&), Step LF behind RF (7), ¼ turn R, step RF fwd (8) 03:00

## [9-16] CHASE ½ TURN, REVERSE ½ TURN, BACK L, R BACK LOCK STEP, MAMBO STEP

1&2      Step LF fwd (1), Pivot ½ turn R, step RF fwd (&), Step LF fwd (2) 09:00  
34      ½ turn L stepping RF back (3), Step LF back (4) 03:00  
5&6      Step RF back (5), Lock LF over RF (&), Step RF back (6)  
7&8      Rock LF back (7), Recover on R (&) Step fwd on LF (8)

\* Restart here on wall 4 (Facing 6:00)

## [17-24] STEP FWD, POINT, LOCK ½ TURN, BALL STEP FWD, POINT, LOCK ½ TURN

12      Step RF fwd (1), Point LF to L side (2)  
3&4      ¼ turn L, stepping LF fwd (3), Lock step RF behind LF (&), ¼ turn L, stepping LF fwd (4)  
09:00  
&56      Close RF beside LF (&), Step fwd on LF (5), Point RF to R side (6),  
7&8      ¼ turn R, stepping RF fwd (&), Lock step LF behind RF (8), ¼ turn R, stepping RF fwd (&)  
03:00

## [25-32] CROSS L, SIDE R, SAILOR STEP L, CROSS SIDE BEHIND SIDE UNWIND ½ TURN

12      Cross LF over R (1), Step RF to R side (2)  
3&4      Cross LF behind RF (3), Step RF to R side (&), Step LF to L Side (4)  
5&6&7      Cross RF over LF (5), Step LF to L side (&), Cross RF behind LF (6), Step LF to L side (&),  
Cross RF over LF (7)  
8      Unwind ½ turn L (8) 09:00

Ending : On the last wall, replace count 32 (Unwind ½ turn) with an unwind ¾ turn to finish facing the front.

Happy Dancing !!