

# It Is the Life

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Tracey Collins (NZ) - February 2025  
音樂: This Is the Life - Amy Macdonald



16 Count Intro  
One Restart

## Side, Together, Side Shuffle, Rock Back, Recover, Side Shuffle

1, 2      Step R to right side, Step L beside R  
3&4      Step R to right side, Step L beside R, Step R to right side  
5, 6      Step L back, Recover weight onto R  
7&8      Step L to left side, Step R beside L, Step L to left side

## Point, Point, Coaster Step, ½ Pivot, Shuffle Forward

1, 2      Point R toe across L, Point R toe to right side  
3&4      Step R back, Step L beside R, Step R forward  
5, 6      Step L forward, Pivot ½ on R (facing 6:00)  
7&8      Step L forward, Step R beside L, Step L forward

**\*Restart here on wall 3**

## Heel, Hook, Heel, Coaster Step, Out, In, Out, Shuffle Forward

1&2      Place R heel forward, Hook R leg in front of L leg, Place R heel forward  
3&4      Step R back, Step L beside R, Step R forward  
5&6      Point L toe out to left side, Point L toe beside R foot, Point L toe out to left side  
7&8      Step L forward, Step R beside L, Step L forward

## ½ Pivot, Shuffle Forward, Paddle, Recover, Paddle, Touch

1, 2      Step R forward, Pivot ½ on L (facing 12:00)  
3&4      Step R forward, Step L beside R, Step R forward  
5, 6      Step L forward turning a ¼ turn, Recover weight onto R (facing 3:00)  
7, 8      Step L forward turning a ¼ turn, Place R toe beside L (facing 6:00)

**Restart: After 16 counts on walls 3 (facing 6:00)**

**Ending: At end of wall 8 (facing 12:00) -Hold until the word "to-night." Start wall 9 as she sings "night" and dance the first 14 counts. For the last steps (7 and 8) substitute a ½ pivot in place of the shuffle forward, then place feet together to finish the dance.**

7, 8      Step L forward, Pivot ½ on R (facing 12:00)  
9      Place L beside R

(The ending is easier than it sounds).

This dance is for my Aunty Jan.