

# That's Life

拍數: 64      牆數: 4      級數: Improver  
編舞者: Cathy Montgomery (CAN)  
音樂: C'est La Vie - B\*Witched



## SYNCOPATED ROCK RIGHT FORWARD, SYNCOPATED ROCK LEFT BACK

1&2      Rock right foot forward, recover onto left, step right foot forward

3&4      Rock left foot back, recover onto right, step left foot back

If any difficulty with above steps, teach as a forward coaster, and a back coaster

## ROCK FORWARD RIGHT, BACK ON LEFT, ½ TURN SHUFFLE OVER RIGHT SHOULDER

5-6      Rock right foot forward, recover onto left

7&8      Turning shuffle turning ½ right stepping right, left, right

## SYNCOPATED ROCK LEFT FORWARD, SYNCOPATED ROCK RIGHT BACK

1&2      Rock left foot forward, recover onto right, step left foot forward

3&4      Rock right foot back, recover onto left, step right foot back

If any difficulty with above steps, teach as a forward coaster, and a back coaster

## ROCK FORWARD LEFT, BACK ON RIGHT, ¼ TURN SHUFFLE OVER LEFT SHOULDER

5-6      Rock left foot forward, recover onto right

7&8      Turning shuffle turning ¼ left stepping left, right, left

## POINT RIGHT TOE SIDE AND HOLD, POINT LEFT TOE SIDE AND HOLD

1-2      Touch right toe to side, hold

&3-4      Step right foot beside left, touch left toe to side, hold

## TOUCH RIGHT HEEL FORWARD, TOUCH LEFT HEEL FORWARD, TOUCH RIGHT TOE BACK AND HOLD

&5      Step left foot beside right, touch right heel forward

&6      Step right foot beside left, touch left heel forward

&7-8      Step left foot beside right, touch right toe back, hold

## TOUCH LEFT HEEL FORWARD, AND HOLD, 3 SAILOR SHUFFLES STARTING ON LEFT

&1-2      Step right foot beside left, touch left heel forward, hold

Clap optional on hold

3&4      Step left foot behind right, step right foot to side, step left foot beside right

5&6      Step right foot behind left, step left foot to side, step right foot beside left

7&8      Step left foot behind right, step right foot to side, step left foot beside right

## STEP RIGHT SIDE HOLD, LEFT SAILOR, STEP RIGHT SIDE HOLD, LEFT SAILOR

&1-2      Step right foot to side, hold

3&4      Step left foot behind right, step right foot to side, step left beside right

5-6      Step right foot to side, hold

7&8      Step left foot behind right, step right foot to side, step left beside right

## SYNCOPATED VINE TO LEFT, WITH A RIGHT HEEL JACK

1      Step right foot in front of left

&2      Step left foot beside right, step right foot behind left

&3      Step left foot beside right, rock right foot in front of left

&4      Recover onto left, touch right heel diagonally forward

## **SYNCOPATED VAUDEVILLE STEPS**

- &5 Step right foot beside left, step left foot over right
- &6 Step right foot back, touch left heel forward
- &7 Step left foot beside right, step right foot over left
- &8 Step left foot back, touch right heel forward

## **CROSS HOLD, AND CROSS, AND CROSS, AND HEEL BALL STEP, HEEL BALL STEP**

- &1-2 Step right foot beside left, step left foot over right, hold
- &3&4 Step right foot to side, cross step left foot over right, step right foot to side, cross step left foot over right
- 5&6 Touch right heel diagonally forward, step right foot in place, step left foot over right
- 7&8 Repeat 5&6

## **ROCK FORWARD RIGHT ½ TURN SHUFFLE, ROCK FORWARD LEFT COASTER IN PLACE**

- 1-2 Rock right foot forward, recover onto left
- 3&4 Turning shuffle turning ½ right stepping right, left, right
- 5-6 Rock left foot forward, recover onto right foot
- 7&8 Step left foot back, step right foot beside left, step left foot forward

## **REPEAT**

## **RESTART**

**Restart after count 32 on wall 2**

## **TAG**

**Danced after count 32 of wall 4**

- 1-4 Stomp right, stomp left, stomp right, stomp left

## **ROGER RABBITS**

**These are sailors shuffles, completed with hopping motion starting on the right**

- &1&2 Hop on left foot, step right foot behind left, step left foot to side, step right foot beside left
- &3&4 Hop on right foot, step left foot behind right, step right foot to side, step left foot beside right
- &5&6 Hop on left foot, step right foot behind left, step left foot to side, step right foot beside left
- &7&8 Hop on right foot, step left foot behind right, step right foot to side, step left foot beside right

**If any difficulty with the above steps, replace with sailor shuffles**

## **SYNCOPATED CROSS SHUFFLE ¼ TURN, SYNCOPATED CROSS SHUFFLE, SYNCOPATED CROSS SHUFFLE ¼ TURN, SYNCOPATED CROSS SHUFFLE IN PLACE**

- 1&2 Step right foot over left, turn ¼ left and step left foot back, step right beside left
- 3&4 Step left foot over right, step right foot back, step left foot beside right
- &5&6 Step right foot over left, turn ¼ left and step left foot back, step right foot beside left
- &7&8 Step left foot over right, step right foot back, step left beside right

- 1-16 Repeat Roger Rabbits, and cross shuffles

**Begin main part of dance again at count 1**

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