

# This Is The Life

拍數: 64      牆數: 1      級數: Intermediate  
編舞者: Edith de Groot (NL) - June 2008  
音樂: This Is the Life - Amy Macdonald



Intro: 16 count

## WALK X2, R-SIDE MAMBO, WALK X2, L-SIDE ROCKSTEP ¼ TURN R

1-2      Walk Forw. R.L.  
3&4      R-Side Mambo Step  
5-6      Walk Forw. L.R.  
7&8      Lf Rock To L-Side, Rf Recover With ¼ Turn R, Lf Beside Rf

## ½ TURN R X2, COASTERSTEP, SIDE, CLOSE, CHASSE ¼ TURN L

1-2      ½ Turn R Backw. RF Step Forw, ½ Turn R LF Step Back  
3&4      R-Coasterstep  
5-6      LF Step To L-Side, RF Together  
7&8      Chasse L With ¼ Turn L

## R-MAMBO FORW, L-MAMBO BACK, HEELJACKS

1&2      R Mambo Forw  
3&4      L Mambo Back  
5&6      RF Cross Over LV, LF Small Step Back, RF Touch Heel Diagonal R-Forw  
&7&8      RF Replace, LF Cross Over RF, RF Small Step Back, LF Touch Heel Diagonal L-Forw

## (&) CROSS SHUFFLE, ¼ TURN R X2, LOCKSTEP, FULL TRIPLE TURN L

&1&2      LF Replace, R-Cross Shuffle  
3-4      ¼ Turn R LF Step Back, ¼ Turn R RF Step To R-Side  
5&6      L-Lockstep Forw  
7&8      Full Triple Turn L R.L.R< /B>

## walk x2, L-SIDE MAMBO, WALK X2, R-SIDE ROCKSTEP ¼ TURN L

1-2      Walk Forw. L.R.  
3&4      L-Side Mambo  
5-6      Walk Forw. R.L.  
7&8      Rf Rock To R-Side, Lf Recover With ¼ Turn L, Rf Beside Lf

## ½ TURN L X2, COASTERSTEP, SIDE, CLOSE, CHASSE ¼ TURN R

1-2      ½ Turn L Backw. LF Step Forw, ½ Turn L RF Step Back  
3&4      L Coasterstep  
5-6      RF Step To R-Side, LF Together  
7&8      Chasse R With ½ Turn R

## L-MAMBO FORW, R-MAMBO BACK, HEELJACKS

1&2      L-MAMBO FORW  
3&4      R-Mambo Back  
5&6      LF Cross Over RF, RF Small Step Back, LV Touch Heel Diagonal L-Forw  
&7&8      LF Replace, RF Cross Over LF, LF Small Step Back, RF Touch Heel Diagonal R-Forw

## (&) CROSS SHUFFLE, ¼ TURN L X2, LOCKSTEP, FULL TRIPLE TURN R

&1&2      RF Replace, L-Cross Shuffle  
3-4      ¼ Turn L RF Step Back, ¼ Turn L LF Step To L-Side

5&6 R-Lockstep Forw  
7&8 Full Triple Turn R L.R.L.

**FINISH:**

1&2 R-Mambo Forw  
3&4 L-Mambo Back

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