

# What A Life!

拍數: 64      牆數: 2      級數: Advanced  
編舞者: Alan Birchall (UK) - November 2011  
音樂: AKA...What a Life! - Noel Gallagher's High Flying Birds  
或: I Won't Let You Go - James Morrison



Start: On Lyrics (For James Morrison Start: After First Verse 28 Seconds)  
Seconds: 20 - Count: 16 From Start Of Beat - (BPM:120)

## SAILOR STEP, BEHIND, UNWIND, SWAY, RECOVER, CROSS SHUFFLE

1&2      Cross Right Behind Left, Step Left To Left, Step Right To Right  
3-4      Cross Left Behind Right, Unwind Full Turn Left Alt: Hold 12 o' Clock  
5-6      Sway Out To Right, Recover On Left  
7&8      Cross Right Over Left, Step Left To Left, Right Over Left

## SIDE TOGETHER, SIDE, TOGETHER, FORWARD, ROCK, RECOVER, ¾ TURN

9-10      Step Left To Left, Right By Left  
11&12      Step Left To Left, Right By Left, Step Forward On Left  
13-14      Rock Forward On Right, Recover On Left  
15-16      Making ½ Turn Right Step Forward On Right, Making ¼ Turn Right Step Left To Left 9 o' Clock

## RIGHT & LEFT HEEL JACKS, ROCK, RECOVER, BACK LOCK STEP

17&18      Step Right Behind Left, Step Left To Left, Extend Right Heel  
&19&20      Step On To Right, Cross Left Over Right, Step Right To Right, Extend Left Heel  
&21-22      Step On To Left. Rock Forward On Right, Recover On Left  
23&24      Step Back On Right, Lock Left Over Right, Step Back On Right

## TOUCH, UNWIND, STEP, ½ PIVOT, STEP ½ TURN ¾ TRIPLE TURN

25-26      Touch Left Toe Back, Unwind ½ Turn Left (Weight On Left) 3 o' Clock  
27-28      Step Forward On Right, ½ Pivot Left 9 o' Clock  
29-30      Step Forward On Right, ½ Turn Right Stepping Back On Left 3 o' Clock  
31&32      ¾ Triple Turn Right Stepping Right, Left, Right

Alt: Right Coaster Step 12 o' Clock

## CROSS PRESS, RECOVER, SIDE CHASSE. CROSS PRESS, RECOVER, CHASSE ¼ TURN

33-34      Cross Press Left Over Right, Recover On Right  
35&36      Step Left To Left, Right By Left, Step Left To Left  
37-38      Cross Press Right Over Left, Recover On Left  
39&40      Step Right To Right, Left by Right, Making ¼ Turn Right, Step Right To Right 3 o' Clock

## STEP, FULL TURN, STEP, LEFT SHUFFLE, ROCK, RECOVER, COASTER STEP

41-42      Step Forward On Left, On The Ball Of Left Foot Make Full Turn Right Step Forward On Right  
Alt: Walk Forward  
43&44      Step Forward On Left, Step Right By Left, Step Forward On Left  
45-46      Rock Forward On Right, Recover On Left  
47& 48      Step Back On Right, Left By Right, Step Forward On Right

## ¼ SWAY, RECOVER, CROSS SHUFFLE, MODIFIED MONTEREY TURN, SWAY, RECOVER

49-50      Making ¼ Turn Right Sway Left To Left, Recover On Right 6 o' Clock  
51&52      Cross Left Over Right, Step Right To Right, Cross Left Over Right  
53-54      Point Right To Right, Full Turn Right Stepping Right By Left

Alt: Hold, & Step Right By Left 6 o' Clock

55-56 Sway Left To Left, Recover On Right

**CROSS, BACK, SIDE, CROSS, MODIFIED MONTEREY TURN, SWAY, RECOVER**

57-58 Cross Left Over Right, Step Back On Right

59-60 Step Left To Left, Cross Right Over Left

61-62 Point Left To Left, Full Turn Left Stepping Left By Right

**Alt: Hold, & Step Left By Right 6 o' Clock**

63-64 Sway Right To Right Recover On Left

**START AGAIN**

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