

About Life

32 Count, 4 Wall, Intermediate

Choreographer: Pam Leader (USA) August 08

Choreographed to: About Life by Julianne Hough

CD: Julianne Hough

STEP LEFT, RIGHT COASTER, SHUFFLE, ROCKING CHAIR, ¼ LEFT WITH KICK

- 1 Step left to side
- 2&3 Back right, together left, forward right
- 4&5 Left forward, right beside left, left forward
- 6&7& Right forward, recover left, right back, recover left
- 8&1 Right forward, left to right with ¼ left, low kick of right to right side (9:00)

CROSS, STEP, VINE, HIP STEPS, ROCK, RECOVER

- 2-3 Cross right over left, step left to side
- 4&5 Cross right behind, step left to side, cross right in front of left
- 6-7 Step left to side and roll hips, step right to side and roll hips
- 8&1 Rock left behind right, recover right, step left to side (9:00)

Restart goes here on walls 3 and 6

SLIDE RIGHT TO MEET LEFT, STEP RIGHT, CROSS LEFT, ¼, ½, ½, ½ TRAVELING TURNS RIGHT, STEP RIGHT BACK

- 2&3 Slide right to meet left, step right beside left, cross left over right
- 4 ¼ turn right on right (12:00)
- 5 ½ turn right on left (6:00)
- 6 ½ turn right on right (12:00)
- 7-8 ½ turn right on left, step right back (6:00)

ROCK LEFT, RECOVER RIGHT, CROSS SHUFFLE, PRESS KICK, ¼ TURNING RIGHT JAZZ BOX, CROSS LEFT, RECOVER RIGHT

- 1-2 Rock left to left side, recover right
 - 3&4 Rock left over right, step right to right, cross left over right
- First tag goes here on wall 4*
- &5 Press right diagonally forward, kick right diagonally forward to the right
 - 6&7 Cross right over left, step left back with ¼ turn to right, step right beside left
 - 8& Cross left over right, recover right (9:00)

TAG

On wall 4 after first 28 counts (will be danced on the 9:00 wall), dance all 16 counts of the tag
After wall 8 dance only the last 8 counts of tag (will be danced on the 9:00 wall)

TOE TOUCHES, ROCK RIGHT OVER LEFT, RECOVER LEFT, CHASSE RIGHT, LEFT, RIGHT

- 1&2& Touch right forward, step right back, touch left to left side, step left back
- 3&4& Touch right to right side, step right back, touch left forward, step left beside right
- 5-6 Rock right over left, recover left
- 7&8 Step right to side, step left beside right, step right to side

TOE TOUCHES, STEP RIGHT, PRESS LEFT, SWEEP RIGHT, ROCK LEFT, RECOVER RIGHT

- 1&2& Touch left forward, step left back, touch right to right side, step right back
- 3&4& Touch left to left side, step left back, touch right forward, touch right beside left
- 5-6-7 Big step forward right, press left forward, sweep left around and behind right
- 8& Rock behind left, recover right

RESTART

After 16 counts of wall 3 and wall 6, restart dance from the beginning (walls 3 and 6 will start on 6:00 wall but restart will happen on the 3:00 wall)

Music download available from iTunes