

I Got Life

40 count, 4 wall, beginner/intermediate level
Choreographer: John Dowling (UK) May 2005
Choreographed to: Ain't Got No (I Got Life) by Nina Simone, CD Single or Simply The Best Of The 60's album (118 bpm)

16 count intro

Section 1 Right shuffle forward, left stomps, left shuffle forward, right stomps

- 1&2 Step right forward, slide left next to right, step right forward
- 3-4 Stomp left foot in place twice
- 5&6 Step left forward, slide right next to left, step left forward
- 7-8 Stomp right foot in place twice

Section 2 Forward sailor steps x 2, right step, pivot ½ turn left, right vaudeville

- 1&2 Cross step right in front of left, step slightly back on left, step right in place
- 3&4 Cross step left in front of right, step slightly back on right, step left in place
- 5-6 Step right foot forward, pivot ½ turn left
- 7&8 Cross step right over left, step slightly back on left, dig right heel in front to right diagonal

Section 3 Toe touches x 2, right shuffle forward diagonally, toe touches x 2, left shuffle forward diagonally

- 1-2 Touch right toe across left twice
- 3&4 Step right diagonally forward to the right, slide left to meet right, step right diagonally forward
- 5-6 Touch left toe across right twice
- 7&8 Step left diagonally forward to the left, slide right to meet left, step left diagonally forward

Section 4 Turning jazz box with ¼ turn right, jazz box on the spot

- 1-2 Step right foot over left, step slightly back on left
- 3-4 Making a ¼ turn right step right slightly to the side, step left slightly forward
- 5-6 Step right foot over left, step slightly back on left
- 7-8 Step right slightly to the side, step left slightly forward Side, together

Section 5 Diagonal step, together and clap x 4

- 1-2 Step right foot diagonally forward to the right, touch left next to right - clap
- 3-4 Step left foot diagonally forward to the left, touch right next to left - clap
- 5-6 Step right foot diagonally back to the right, touch left next to right - clap
- 7-8 Step left foot diagonally back to the left, touch right next to left - clap