

## It's All Life

32 count, 4 wall, intermediate level

Choreographer: Lady Lace (UK) May 2007

Choreographed to: I'll Wait For Life by Take That  
(100 bpm)

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Start on main beat

**2 shuffles, step ½ turn, triple full turn, ¼ turn left**

- 1&2 Step R fwd, lock step L behind R, step R fwd  
3&4 Step L fwd, lock step R behind L, step L fwd  
5-6 Step R fwd, pivot ½ turn left  
7&8 Full turn fwd, stepping R,L,R  
& Step L to side making ¼ turn left

**Cross Rock & Cross Rock & Cross Rock, recover, 3 ½ turns right, rock recover ¼ turn**

- 1-2& Cross rock R over L, recover, step R beside L  
3-4& Cross Rock L over R, recover, step L beside R  
5-6 Cross Rock R over L, recover  
&7& Step R fwd making ½ turn right, step L back ½ turn right, step R fwd ½ turn right (traveling fwd)  
Easier option: Step R beside L, step L back, step R beside L, rock L to side ¼ turn left, recover.  
8& Step Rock L fwd, recover ¼ turn right

**Mambo Fwd, mambo back, step lock back, step lock back, & together**

- 1&2 Rock L fwd, recover, step L beside R  
3&4 Rock R back, recover, step R beside L  
5&6 Step L back, lock step R over L, step L back  
7&8 Step R back, lock step L over R, step R back  
& Step L beside

**Restart here** during walls 3 and 6

**Weave left, point, Fwd point, toe across unwind ¾ turn, fwd**

- 1-2 Sweep R over L, step L to side  
3-4 Step R behind, point L to side  
5-6 Step L fwd, point R to side  
7-8 Touch R toe across L, unwind ¾ left, step L forward.

**Restart** after 24 counts during wall 3 and 6

**Tag:** End of wall 7 add 4 count tag – Step R fwd ½ turn left, step R fwd ½ turn left.