

Start on vocals - All my life...

NOTE: Tags and Bridge only danced if actual music used. Start on First Vocals.

**Section 1 Mambo Rock, Left Shuffle, Mambo Rock, Left Rock & Point Right.**

- 1 & 2 Rock Right foot to Right side, back onto Left, step Right next to Left
- 3 & 4 Left Shuffle Forward,
- 5 & 6 Rock Forward on Right foot, Back onto Left, step Right next to Left
- 7 & 8 Rock Left foot to Left side, back onto Right, step Left next to Right, & Point Right to Right side

**Section 2 Knee in, out, ¼ Turn Kick, Right Coaster, Left Shuffle, Point Right**

- 1 – 2 Pop Right Knee In then Out, make a ¼ turn as you pop knee out,
- 3 Kick Right foot Forward,
- 4 & 5 Right Coaster Step
- 6 & 7 Left Shuffle Forward
- 8 Point Right toe to Right Side

**Section 3 Right Chasse, Left Sailor, Right sailor, Behind Unwind ½ Left.**

- 1 & 2 Step Right to Right side, together with Left, Step Right to Right side
- 3 & 4 Step Left Behind Right, Right to Right side, Step Left next to Right
- 5 & 6 Step Right Behind Left, Left to Left side, Step Right next to Left
- 7 – 8 Cross Left Behind Right and Unwind ½ Turn Left

**Section 4 Kick Ball Change, ½ Pivot, ½ Pivot, Kick Ball Cross**

- 1 & 2 Kick Right foot Forward, Step Right next to Left, Step Left next to Right
- 3 – 4 Step Forward on Right, Pivot ½ turn Left
- 5 – 6 Step Forward on Right, Pivot ½ turn Left
- 7 & 8 Kick Right foot Forward, Step Right next to Left, Cross Left Over right.

**TAGS** :- Danced at End of walls 5 and 11

- 1 – 4 Big Step Right to Right Side, Slide Left next to Right, Rock Left Behind Right, Rock Forward onto Right
- 5 – 8 Big Step Left to Left Side, Slide Right next to Left, Rock Right Behind Left, Rock Forward onto Left

**BRIDGE**: Danced at the END of wall 8

- 1 – 4 Big Step Right to Right Side, Slide Left next to Right, Rock Left Behind Right, Rock Forward onto Right
  - 5 – 8 Big Step Left to Left Side, Slide Right next to Left, Rock Right Behind Left, Rock Forward onto Left
  - 1 – 4 Right toe strut forward, make ½ turn right strut back on Left foot
  - 5 – 8 Rock back on Right, forward on Left, Right toe strut forward
  - 1 – 4 make ½ turn right strut back on Left foot, Rock back on Right, forward on Left
  - 5 – 8 Toe strut Right to Right side, Rock Left behind Right, forward onto Right
  - 1 – 4 Toe strut Left to Left side, Rock Right Behind Left, Forward onto Left
  - 5 – 6 making a ¼ turn Right toe strut Forward
  - 7 – 8 over 2 counts Spin ¾ turn Right on Right foot and Step Left next to Right
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