



Approved by:

*Lisa Seguin*

## Life After Love

### 4 WALL – 32 COUNTS – BEGINNER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b>	<b>Chasse Right, Back Rock, Side Rock, Back Rock</b>		
1 & 2	Step right to right side. Close left beside right. Step right to right side.	Side Close Side	Right
3 – 4	Rock back on left. Recover onto right.	Rock Back	On the spot
5 – 6	Rock left to left side. Recover onto right.	Rock Left	
7 – 8	Rock back on left. Recover onto right.	Rock Back	
<b>Section 2</b>	<b>Chasse Left, Back Rock, Side Rock, Back Rock</b>		
1 & 2	Step left to left side. Close right beside left. Step left to left side.	Side Close Side	Left
3 – 4	Rock back on right. Recover onto left.	Rock Back	On the spot
5 – 6	Rock right to right side. Recover onto left.	Rock Right	
7 – 8	Rock back on right. Recover onto left.	Rock Back	
<b>Section 3</b>	<b>Forward Shuffle, 1/2 Turn Shuffle, Back Rock, Forward Shuffle</b>		
1 & 2	Step right forward. Close left beside right. Step right forward.	Right Shuffle	Forward
3 & 4	Shuffle step 1/2 turn right, stepping - left, right, left. (6:00)	Shuffle Turn	Turning right
5 – 6	Rock back on right. Recover onto left.	Rock Back	On the spot
7 & 8	Step right forward. Close left beside right. Step right forward.	Right Shuffle	Forward
<b>Section 4</b>	<b>Step, Pivot 1/4, Kick Ball Change x 2, Side, Touch</b>		
1 – 2	Step left forward. Pivot 1/4 turn right. (9:00)	Step Turn	Turning right
3 & 4	Kick left forward. Step left beside right. Step onto right in place.	Kick Ball Change	On the spot
5 & 6	Kick left forward. Step left beside right. Step onto right in place.	Kick Ball Change	
7 – 8	Step left to left side. Touch right beside left.	Side Touch	Left

**Choreographed by:** Lise Seguin (CA) August 2011

**Choreographed to:** 'Believe' by Cher (136 bpm) from CD Believe; also available as download from amazon.co.uk or iTunes (32 count intro after heavy beat - start on vocals)