

Life Is A...

32 Count, 4 Wall, Improver

Choreographer: Stephen Gell (UK) June 2008

Choreographed to: Life Is A Flower by Ace Of Base

CD: Greatest Hits

CROSS ROCK, RECOVER, LEFT SIDE SHUFFLE, ROCK, RECOVER, TOUCH, PARTIAL MONTEREY

- 1-2 Cross/rock left over right, recover on right
- 3&4 Step left to side, step right together, step left to side
- 5-6 Rock right back, recover on left
- 7&8 Touch right to side, turn ½ right and step right together, touch left to side

LEFT SIDE SHUFFLE, ROCK, RECOVER, STEP FORWARD RIGHT, PIVOT ½ TURN LEFT, STEP FORWARD RIGHT, PIVOT ¼ TURN LEFT

- 1&2 Step left to side, step right together, step left to side
- 3-4 Rock right back, recover on left
- 5-6 Step right forward, turn ½ left (weight to left)
- 7-8 Step right forward, turn ¼ left (weight to left)

JAZZ BOX CROSS, RIGHT SIDE SHUFFLE, ROCK, RECOVER

- 1-2 Cross right over left, step left back
- 3-4 Step right to side, cross left over right
- 5&6 Step right to side, step left together, step right to side
- 7-8 Rock left back, recover on right
On wall 6, restart from here

LEFT SIDE SHUFFLE, ROCK, RECOVER, ROCK FORWARD, RECOVER, RIGHT COASTER STEP

- 1&2 Step left to side, step right together, step left to side
- 3-4 Rock right back, recover on left
- 5-6 Rock right forward, recover on left
- 7&8 Step right back, step left together, step right forward

RESTART

On wall 6, after count 24, start from the beginning

ENDING

On wall 11 you will hear the music start to fade. Dance up to count 12, then add

TWO STEP PIVOT ½ TURNS LEFT

- 1-4 Step right forward, turn ½ left (weight to left), step right forward, turn ½ left (weight to left)
Just hold until end of music

Music download available from iTunes
