Life Is A...
IMPROVER
32 Count 4 Walls
Choreographed by: Stephen Gell
Choreographed to: Life Is A Flower
(Original Version) CD Single 1998 by Ace Of Base

---

1 - 8   **Cross Rock, Recover, Left Side Shuffle, Rock, Recover, Point, 1/2 Turn Right, Point**
1 - 2   Cross rock left over right, Recover on right
3 & 4   Step left to left side, Step right next to left, Step left to left side
5 - 6   Rock back on right, Recover on left (weight stays on left foot)
7 & 8   Point right to right side, Make 1/2 turn right stepping right next to left, Point left to left side (weight stays on right foot)

9 - 16   **Left Side Shuffle, Rock, Recover, Step Forward Right, Pivot 1/2 Turn Left, Step Forward Right, Pivot 1/4 Turn Left**
1 & 2   Step left to left side, Step right next to left, Step left to left side
3 - 4   Rock back on right, Recover on left
5 - 6   Step forward on right, Pivot 1/2 turn left
7 - 8   Step forward on right, Pivot 1/4 turn left

17 - 24   **Jazz Box Cross, Right Side Shuffle, Rock, Recover**
1 - 2   Cross right over left, Step back on left
3 - 4   Step right to right side, Cross left over right
5 & 6   Step right to right side, Step left next to right, Step right to right side
7 - 8   Rock back on left, Recover on right (Restart on wall 6 then start from the beginning)

25 - 32   **Left Side Shuffle, Rock, Recover, Rock Forward, Recover, Right Coaster Step**
1 & 2   Step left to left side, Step right next to left, Step left to left side
3 - 4   Rock back on right, Recover on left (weight on left)
5 - 6   Rock forward on right, Recover on left
7 & 8   Step back on right, Step left next to right, Step right forward

Ending: **On the wall 11 you will here the music start to fade dance up to count 12 then add two step pivot 1/2 turns left, Step right forward, Pivot 1/2 left x2, to finish at the front wall just hold until end of music.**