

## More Than Life

46 Count, 2 Wall, Intermediate

Choreographer: Natasha Ind (UK) April 2014

Choreographed to: More Than Life by Gary Barlow (108 bpm)

---

16 count intro start on vocal.

**S1: Side rock, return x2 toe, heel, land, cross half turn unwind right.**

1&2 Right side rock, return

3&4 Left side rock return, landing left foot.

5,6,&7,8 Right toe, heel, land and Cross left over right then slowly ½ unwind over right shoulder.

**S2: Side rock return x2, toe, heel, back rock recover.**

1&2 Right side rock return

3&4 Left side rock return, landing left foot.

5,6,7,8 Right toe, heel, back rock, recover onto left.

**S3: Forward shuffle x2 pivot half turns left x2.**

1&2 Step right forward, left next to right, right forward

3&4 Step left forward, right next to left, step left forward

5,6,7,8 Touch right forward, pivot half left. Step right forward, pivot half turn left.

**S4: Side rock, behind, side cross x2.**

1,2,3&4 Rock Right to right side, step right behind left, step left to left side, cross right in front of left.

5,6,7&8 Rock left to left side, step left behind right, step right to right side, cross left in front of right.

**S5: Walk full turn Right, walk forward.**

1,2,3,4 Walk full turn right stepping Right, Left, Right, Left

5,6,7,8 Walk forward, Right, Left, Right, Left.

**\*\* Restart** here on wall 3. You will hear the music start to get a strong beat once landed Left foot at the end of the walk - the beat will then kick in as you start the side rocks.

**S6: Touch, kick, coaster step. Heel, Toe, Land.**

1,2,3&4 Touch Right next to left, Kick slightly forward, step Right back, step Left next to Right, step Right forward.

5,6& Touch Left next to Right, Left heel dig and land left foot.

End of dance

Thank you to Claire for the suggestion/telling me to write a dance to this track. X