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# My Life

Phrased, 4 wall, intermediate/advanced level Choreographer: Paul Farrugia (England) Sept 2004 Choreographed to: It's My Life by No Doubt, The Singles 1992 – 2003 Album

Start on vocals. Sequence: A A B(1st tag) A A B(2nd tag) A A(First 8 counts) B B

#### PART 'A'

#### Right side shuffle cross in front rock, left side shuffle cross behind rock

- 1 & 2 Step right to right side, left beside right, step right to right side
- 3 4 Cross rock left over right, recover onto right
- 5 & 6 Step left to left side, right beside left, step left to left side
- 7 8 Cross rock right behind left, recover on the left

#### Step right half turn, kick and point and point, knee pop out, in, out in out ¼ right turn

- 9 10 Step forward right, pivot left ½ turn
- 11 & 12 Kick forward right, step right next to left, point left to left side
- & 13 14 Step left next to right, point right to right side, pop right knee in
- 15 & 16 Pop right knee out, in, out doing a 1/4 right turn

#### Forward right shuffle, rock recover, back shuffle, point back unwind half turn right

- 17 & 18 Step forward right, bring left up to right, step forward right
- 19 20 Rock forward left, recover back on right
- 21 & 22 Step back on left, bring right back to left, step back on the left
- 23 24 Point right foot back (put weight onto the ball of the foot), unwind ½ turn right

### Forward rock, recover, right weave, rock out recover, left weave, side step touch

- 25 26 Rock forward left, recover back on right
- 27 & 28 Cross left behind right, step right to right, cross left in front of right
- 29 30 Rock out onto the right, recover back onto left
- 31 & 32 Cross right behind left, step left to left side, cross right in front of left
- 33 34 Step left to left side, touch right next to left

### PART 'B'

#### 2 X Monterey

- 1 2 Point right to right, pivot ½ turn right on left foot stepping right next to left
- 3 4 Point left to left side, step left next to right
- 5 6 Point right to right, pivot  $\frac{1}{2}$  turn right on left foot stepping right next to left
- 7 8 Point left to left side, step left next to right

### Kick right and step, step forward right, left ¼ turn, cross shuffle, step half turn step

- 9 & 10 Kick forward right, step right next to left, step slightly forward left
- 11 12 Step forward right, ¼ left turn
- 13 & 14 Cross right over left, step left to left, cross right over left
- 15 16 Step left to left side, ½ pivot turn right stepping onto right

### Cross rock left, recover, left side shuffle, cross behind, unwind 1/2 turn, right side shuffle

- 17 18 Cross left in front of right, recover onto right
- 19 & 20 Step left to left side, step right next to left, step left to left side
- 21 22 Cross right behind left, unwind full right turn
- 23 & 24 Step right to right side, left beside right, step right to right side

### Left sailor step, right sailor step, forward left shuffle, sweep $\frac{1}{2}$ turn left, touch

- 25 & 26 Cross left behind right, step right next to left, step left to left side
- 27 & 28 Cross right behind left, step left next to right, step right slightly forward
- 29 & 30 Step forward left, step right next to left, step forward left
- 31 32 Sweep right foot ½ turn left, touch right next to left

### Forward right shuffle, rock forward left, recover, hitch $\frac{1}{2}$ turn, hitch $\frac{1}{2}$ turn

- 33 & 34 Step forward right, step left next to right, step forward right
- 35 36 Rock forward left, recover back onto right
- 37 38 Hitch left knee ½ turning left, step onto left
- 39 40 Hitch right knee ½ turning left, step back onto right

#### Hook left foot, step, forward right shuffle, forward left shuffle, hitch right, ¼ right turn

41 42 Hook left foot across front of right knee, step left slightly in front of right

43 & 44 Step forward right, step left next to right, step forward right

45 & 46 Step forward left, step right next to left, step forward left

47 48 Hitch right knee, 1/4 right turn (with knee hitched)

#### Right side shuffle, rock left and together, rock right and together, forward rock, recover

49 & 50 Step right to right side, left beside right, step right to right side

51 & 52 Rock left to left side, recover onto right, step left next to right

52 & 54 Rock right to rightside, recover onto left, step right next to left

55 56 Rock forward onto left, recover back onto right

## Triple left full turn, rock, recover ¼ turn, right side shuffle, cross rock and recover

57 & 58 1/2 left turn stepping onto left, 1/4 turn left stepping back onto right, 1/4 turn left onto left

59 60 Rock forward onto right, recover back onto left turning 1/4 turn right

61 & 62 Step right to right side, left beside right, step right to right side

63 64 Cross left over right, recover back onto right

#### Left side step, drag touch, hold

65, 66, 67 Step left to left side (large step), drag right up to left and touch, hold

#### Hip bump tags

After 1st 'B' Bump hips right, left, right, left

After 2nd 'B' Bump hips right, left, right, left, right, left

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