



Rhythm Of Life



Chris Hodgson

INTERMEDIATE	STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
	Section 1	Cross Rock, Triple 3/4 Turn, Left Shuffle Forward, Rock Step.		
	1 - 2	Cross rock right over left. Rock back onto left.	Cross. Rock.	On the spot
	3 & 4	Triple step 3/4 turn right, stepping - Right, Left, Right.	Triple Turn	Turning right
	5 & 6	Step forward left. Step right behind left heel. Step forward left.	Left Shuffle	Forward
	7 - 8	Rock forward on right. Rock back onto left.	Forward. Rock.	On the spot
	Section 2	Right & Left Back Slides, Back Lock, Back Rock, Step 1/4 Pivot.		
	1 - 2	Slide right back. Slide left back.	Back. Back.	Back
	3 & 4	Step back right. Lock left across right. Step back right.	Back. Lock. Step.	
	5 - 6	Rock back on left. Rock forward onto right.	Back. Rock.	On the spot
7 - 8	Step forward left. Pivot 1/4 turn right (taking weight on right).	Step. Turn.	Turning right	
Section 3	Cross, Side, Cross, Sweep, Cross, 1/4 Turn, Step Back, Slide.			
1 - 2	Step left across right. Step right to right side. (use your hips)	Cross. Side.	Right	
3 - 4	Step left across right. Sweep right around from back to front.	Cross. Sweep.		
5 - 6	Step onto right across left. Make 1/4 turn right stepping back onto left.	Cross. Turn.	Turning right	
7 - 8	Step back right. Slide left toe to touch beside right.	Back. Touch.	Back	
Section 4	Step Slide, Modified 1/2 Monterey Turn, Hip Sways.			
1 - 2	Step forward left. Slide right toe beside left (no weight).	Step. Slide.	Forward	
3 - 4	Touch right toe to right side. Make 1/2 turn right stepping right beside left.	Touch. Turn.	Turning right	
5 & 6	Rock to left side on left. Rock onto right in place. Cross left over right.	Rock & Cross	On the spot	
7 - 8	Step right to right side swaying hips right. Sway hips left.	Sway Right. Left.	Right	
Section 5	Hip Sway, Touch, Chasse 1/4 Turn, 1/4 Turn Touch, 1/4 Turn Shuffle.			
1 - 2	Sway hips right. Touch left beside right.	Right. Touch.	On the spot	
3 & 4	Step left to left side. Close right beside left. Step left 1/4 turn left.	Side Close Turn	Turning left	
5 - 6	Step forward right making 1/4 turn left. Touch left behind right.	Turn. Touch.		
7 & 8	Step left 1/4 turn left. Step right behind left heel. Step forward left.	Turn Shuffle	Turning left	
Section 6	Right Rock, Cross Shuffle, 1/4 Turn, 1/2 Turn, Left Shuffle Forward.			
1 - 2	Rock to right side on right. Rock onto left in place.	Right. Rock.	On the spot	
3 & 4	Cross right over left. Step left to left side. Cross right over left.	Cross Step Cross	Left	
5	Step left to left side making 1/4 turn right.	Turn	Turning right	
6	Make 1/2 turn right on ball of left, stepping forward onto right.	Turn		
7 & 8	Step forward left. Step right behind left heel. Step forward left.	Left Shuffle	Forward	

4 Wall Line Dance:- 48 Counts. Intermediate Level.

Choreographed by:- Chris Hodgson (UK) April 2002.

Choreographed to:- 'Ritmo De La Vida' by Liz Abella (126 bpm) from Heat It Up CD (Start on vocals).

Music Suggestion:- 'I Hope You Dance' by Lee Ann Womack (120bpm) from Simply The Best Line Dance Album.