

## Singing A Song

56 Count, 4 Wall, Intermediate, Two Step  
Choreographer: Liselotte Tolsgaard (DK) Sept 2008  
Choreographed to: This Is The Life by Amy  
Macdonald CD: This Is The Life

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**1 - 8 Toe heel Toe, Hold, Slow coaster step, hold**  
1-2 Point right toe in to left (heel raised) Straighten right leg and dig heel forward  
3-4 Point right toe in to left and. hold  
5-6 Step back on right step left beside right  
7-8 Step forward on right hold

**9 - 16 Lock step forward, hold and mambo steep, hold**  
1-2 Step forward on left lock left behind right  
3-4 Step forward on left. hold  
5-6 Rock right forward, recover on left.  
7-8 Step right beside left hold.

**17 - 24 Lock step back left, hold. Lock step back right, hold**  
1-2 Step left back. Cross right over left.  
3-4 Step left back .hold  
*Note: 1, 2, 3 (4 hold) Body angled slightly to right.*  
5-6 Step right back. Cross left over right.  
7-8 Step right back, hold  
*Note: 4, 5, 6, (8 hold) Body angled slightly to left.*

**25 - 32 Slow Sailor ¼ left, and Kick ball cross**  
1-2 Cross left behind right step ¼ left (9.00)  
3-4 Step forward on left hold  
5-6 Kick right forward step right beside left  
7-8 Cross left over right hold

**33 - 40 Side rock cross, hold, Side rock cross, hold**  
1-2 Rock right to right side. recover onto left  
2-3 Cross right over left hold  
4-5 Rock left to left side recover onto right  
6-7 Cross left over right. hold

**41 - 48 Step turn step forward ½ left, Step turn step forward ½ right**  
1-2 Step turn step forward ½ weight on left (9.00)  
3-4 Step right forward hold 'clap  
5-6 Step turn step left ½ weight on right forward (3.00)  
7-8 Step left forward. hold 'clap

**49 - 52 Syncopated Toe and Heel Touches.**  
1& Touch right toe to right side. Step right beside left  
2& Touch left toe to left side. Step left beside right  
3& Touch right heel forward. Step right beside left  
4& Touch left heel forward. Step left beside right

**53 - 56 Walk x 2, Kick, Out, Out**  
1-2 Walk forward right. Walk forward left  
3&4 Kick right forward. Step right slightly to right. Step left slightly to left

### Restarts

1. after section 4 on wall 4 ( 3.00 )

2. In section 8 on wall 1 (12.00)

There is a break on wall 1 after walk x 2(12.00) you stand still 5 count then restart the dance (sleep tonight)

### Ending

You are on wall 1 (12.00) after section 3 you make another left back lock step 'right back lock step'then step left beside right "The dance is finish .

