

This Is The Life (aka The Vacuuming Dance)

32 count, 2 wall, beginner level

Choreographer: Charles Richman (UK) April 2008
Choreographed to: This Is The Life by Amy McDonald

TURN 1/8R, 2 SHUFFLES FORWARD, TURN ¼ R, 2 SHUFFLES BACK

- 1&2 Turn 1/8 Right, Shuffle Forward RLR
- 3&4 Shuffle Forward LRL
- 5&6 Turn ¼ Right, Shuffle Back RLR
- 7&8 Shuffle Back LRL

TURN ¼R, SHUFFLE FORWARD, PIVOT 1/2 R, CROSS ROCK, CHASSE R WITH 1/4R

- 1&2 Turn ¼ Right, Shuffle Forward RLR
- 3&4 Left Foot Forward, Pivot ½ Right, Left Foot Forward
- 5 6 Cross Right over Left, Rock Back on Left
- 7&8 Right Foot to Side, Close Left to Right, Right Foot Forward having turned ¼ Right

2 TOE HEEL STUTS, SIDE ROCK CROSS, REPEAT

- 1&2& Place Left Toe Forward, Drop Left Heel, Place Right Toe Forward, Drop Right Heel
- 3&4 Rock Left Foot Side, Rock onto Right, Cross Left Over Right
- 5-8 Repeat starting with Right

SCISSOR STEP, TRIPLE ½ L, ROCK FORWARD RECOVER, TRIPLE 1/2R

- 1&2 Left Foot to Side, Close Right to Left, Cross Left over Right
 - 3&4 Triple RLR turning ½ Left
 - 5 6 Rock Left Forward, Rock Back onto Right
 - 7&8 Triple LRL turning ½ Left
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