

This Life

Future Fambo was born in Jamaica and in the early 90s had a big hit with the 'Kung Fu' dance. He exploded back on to the music scene again with this track. All age ABs will enjoy Rosie's dance. She adds some optional styling in the form of body rolls for those ABs eager to try some funky moves.

4 WALL - 32 COUNTS - ABSOLUTE BEGINNER

Steps	Actual Footwork	Calling Suggestion	Direction
Section 1	SIDE, TOUCH, POINT, TOUCH, SIDE, TOUCH, POINT, TOUCH		
1-2	Step right to right side. Touch left beside right.	Side Touch	Right
3-4	Point left to left side. Touch left beside right.	Point Touch	On the spot
5-6	Step left to left side. Touch right beside left	Side Touch	Left
7-8	Point right to right side. Touch right beside left.	Point Touch	On the spot
Option	Styling option for counts 1-2 and 5-6 Step long step to side, slide with touch		
Section 2	STEP, TOUCH, STEP, TOUCH, STEP SWAY, SWAY HIPS L, R,		
1-2	Step right diagonally back right. Touch left beside right.	Step Touch	Diagonal
3-4	Step left diagonally back left. Touch right beside left.	Step Touch	
5-6	Step right to right side swaying hips right. Sway hips left	Step Sway	On the spot
7-8	Sway hips right. Touch left beside right.	Sway Touch	
Section 3	STEP, TOGETHER, STEP, TOUCH, 1/4 TURN, TOUCH, STEP TOUCH		
1-2	Step left diagonally forward left. Slide right and step beside left.	Step together	Diagonal
3-4	Step left diagonally forward right. Touch right beside left.	Step Touch	
5-6	Turn 1/4 right and step right diagonally forward right. Slide left and step beside right.	Turn Step	Turning right
7-8	Step right diagonally forward. Touch left beside right.	Step Touch	Diagonal
Section 4	STEP, TOUCH, STEP, TOUCH, STEP BACK x 3, TOUCH		
1-2	Step left to left side. Touch right beside left.	Step Touch	Left
3-4	Step right to right side. Touch left beside right.	Step Touch	Right
5-6	Step left back. Step right back.	Step Step	Back
7-8	Step left back. Touch right beside left.	Step Touch	
Option	Styling option for counts 1-2 and 3-4 Body rolls		

Choreographed by:

Rosie Multari
(US)
May 2011

Choreographed to:

'This Life' by Future Fambo
Feat Unga from CD 'This
Life' also available as a
download from amazon.
co.uk or itunes, (115 bpm)
Alternate track: 'Somewhere

'With You' by Kenny Chesney
from CD 'Hemmingway's
Whiskey' also available as
a download from amazon.
co.uk or itunes (110 bpm)