

Dear Life

64 Count, 2 Wall, Intermediate (Polka)
Choreographer: Mike Liadouze (FR) Jan 2017
Choreographed to: Dear Life by High Valley

127 bpm**Sequence: AABB tag1 ABB tag2 AABB final****Part A:**

- 1-8 Rocking Chair, Step Turn 1/2 L, 1/4 L Kick Ball Cross**
1-2 Rock step RF forward, recover on LF
3-4 Rock step RF back, recover on LF
5&6 Step RF forward, 1/2 turn L. weight on LF forward (6:00)
7&8 1/4 turn L. kick RF diagonally forward, step RF together, cross LF over RF (3:00)
- 9-16 Syncopated Weave, Big Step Side, Sailor Step**
&1&2 Step RF together, cross LF over RF, step RF together, cross LF back RF1
&3&4 Step RF together, cross LF over RF, step RF together, cross LF over RF1
5-6 Big step RF side, slide LF together
7&8 Cross LF behind RF, step RF side, step LF side
1musical Option On Last Two A : Replace &2 Et &4 By Hold
&1-2&3-4 Ball Cross, Hold, Ball Cross, Hold
- 17-24 Touch Behind, Unwind 1/2 R, Cross Triple, 1/2 R Cross Triple, Rock Step Side**
1-2 Touch R toe behind LF, unwind.1/2 turn R. weight on RF side (9:00)
3&4 Cross LF over RF, step RF side, cross LF over RF
5&6 1/2 turn R. cross RF over LF, step LF side, cross RF over LF (3:00)
7-8 Rock step LF side, recover on RF
- 25-32 Ball Cross, Unwind 1/2 L, Triple Forward, Step Turn 1/2 R, 1/4 R Side, Touch**
&1-2 Step LF together, cross RF over LF, unwind ..1/2 turn L.. weight on LF forward (9:00)
3&4 Step RF forward, step LF together, step RF forward
5-6 Step LF forward, ..1/2 turn R.. weight on RF forward (3:00)
7-8 .. 1/4 turn R.. step LF side, touch R toe together (6:00)

Part B:

- 1-8 Triple Diagonally Side X2, Full Turn R, 1/4 R Big Step Side**
1&2 .. 1/8 turn L.. step RF side, step LF together, step RF side (10:30)
3&4 1/4 turn R.. step LF side, step RF together, step LF side (1:30)
5-6 3/8 turn R.. step RF forward, ..1/2 turn R.. step LF back (12:00)
7-8 .. 1/4 turn R.. big step RF side, slide LF together (3:00)
- 9-16 Cross, Side, Sailor 1/4 L, Camel Walk Half Circle L**
1-2 Cross LF over RF, step RF side
3&4 Cross LF behind RF, ..1/4 turn L.. step RF side, step LF forward (12:00)
5-6 .. 1/8 turn L.. step RF forward pop L knee, ..1/8 turn L.. step LF forward pop R knee (9:00)
7-8 .. 1/8 turn L.. step RF forward pop L knee, ..1/8 turn L.. step LF forward pop R knee (6:00)
- 17-24 Step Turn 1/2 L, Triple Forward, Slow Step, 1/4 R Rock Step Side 1/4 L**
1-2 Step RF forward, ..1/2 turn L.. weight on LF forward (12:00)
3&4 Step RF forward, step LF together, step RF forward
5-6 Step LF forward, HOLD2
7-8 .. 1/4 turn R.. rock step RF side, ..1/4 turn L.. recover on LF (12:00)
2musical option on odd Bs : CHEST POP « trying TO CATCH my breath »
even Bs : BODY ROLL forward « dear LIFE »
- 25-32 1/2 L Big Step Back, Coaster Step, Jazz Box**
1-2 .. 1/2 turn L.. big step RF back, slide LF together (6:00)
3&4 Step LF back, step RF together, step LF forward
5-6 Cross RF over LF, step LF back
7-8 Step RF side, step LF forward
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Tag 1 : (12:00)
1-12 Slow Step Turn, Rocking Chair, Slow Step Turn
1-2-3-4 Step RF forward, HOLD, ..1/2 turn L... weight on LF forward, HOLD (6:00)
5-6 Rock step RF forward, recover on LF
7-8 Rock step RF back, recover on LF
1-2-3-4 Step RF forward, HOLD, ..1/2 turn L.. weight on LF forward, HOLD (12:00)

Tag 2 : (6:00)
1-4 Slow Step Turn
1-2-3-4 Step RF forward, HOLD, ..1/2 turn L.. weight on LF forward, HOLD (12:00)

Final : Stomp RF forward & raise arms to V shape (12:00)

Dedicated to « Lili » for finding the music !

Have FUN, good luck !!
