



Dedicated to those effected by Prostate Cancer

Intro: 24 Counts (Start on the word 'Life')

Section 1 Left Twinkle, Weave Left.

1 – 3 Step left over right, step right beside left, step left beside right.

4 – 6 Cross right foot In front of left, step left foot to left side, step right foot behind left.

Section 2 Sway Left Right Left, ¼ Right, Full Turn Right.

1 – 3 Step left foot to left side swaying hip to left, Sway hip right, sway hip left.

4 – 6 Make a ¼ turn right stepping forward on right, make a ½ turn right stepping back on left, make a ½ turn right stepping forward on right.

(ALT - Make a ¼ turn right stepping forward on right, walk forward left then right)

Section 3 Rock Recover Back, Cross Back Side.

1 – 3 Rock Forward on left foot, recover on to right foot, step back on left foot.

4 – 6 Cross right foot in front of left, step left foot back, step right foot to right side.

Section 4 Cross Back Back, Step Full Turn Right.

1 – 3 Cross left foot in front of right foot, step back on right foot, step back on left foot.

4 – 6 Step forward on right foot, make a ½ turn right stepping back on left foot, make another ½ turn right stepping forward on right foot.

(ALT – Walk forward right, left, right)

Section 5 Diagonal Lunge Recover Back, Behind ¼ Step.

1 – 3 Lunge left foot forward to right diagonal, recover on to right foot, step left foot to left side (straightening up to 3 o'clock).

4 – 6 Step right foot behind left foot, make a ¼ turn left stepping forward on left, step forward on right foot.

Section 6 Forward Basic Left , Back Basic ½ Turn Left.

1 – 3 Step forward on left foot, step right foot beside left, step left beside right foot.

4 – 6 Step back on right foot, make a ½ turn left stepping forward on to left, step right beside left.

Section 7 Forward Basic Left, Back Basic Right.

1 – 3 Step forward on left, step right beside left, step left beside right.

4 – 6 Step back on right foot, step left foot beside right, step right foot beside left.

Section 8 Step Left, Sweep Right, Step Right Sweep Left.

1 – 3 Step forward on left foot, sweep right foot forward over 2 counts.

4 – 6 Step forward on right foot, sweep left foot forward over 2 counts.

ENDING: On wall 9 dance section 6 replacing count 4 – 6 with a back basic right.