

Life Is Worth Living

32 Count, 2 Wall, Intermediate Choreographer: Daniel Trepat (NL), Fred Whitehouse (IRE), Darren Bailey (Wales) & Roy Verdonk (NL) May 2019 Choreographed to: Life Is Worth Living by Rachel Talbott

0 counts intro, app. 1 sec into track

Starting position When music start be already on count 1 of the dance with weight on L so you can start R forward on 2

1-8	Step forward, ½ turn L Chase turn, Rockstep, Cross, Rock with 1/8 turn L, Arm Movement, Cross, 3/8 turn, Step back
1-2&3 4&5	Step L forward (1), Step R forward (2), ½ turn L stepping L forward (&), Step R forward (3) 6:00 Rock L to L side (4), Recover on R (&), Cross L over R (5) 6:00
6-7	Rock R to R side (Start raising both hands forward) (6), Recover on L while turning 1/8 turn L (Finish Arms movement) (7) 4:30
8&	Cross R over L (8), 3/8 turn R stepping L back (&) 9:00
9-16	1/4 turn R, Step R with modified Hitch, Cross Rock, Recover with Sweep, Sailor 1/4 turn L, 1/2 turn R, 1/2 turn L, Arm Movement
1-3	1/ time D atomics D to D side and hitchina I lines begain a lines mainted to I figure 4 (4)
1-5	1/4 turn R stepping R to R side and hitching L knee keeping knee pointed to L figure 4 (1), Cross rock L over R & bend both knees (2), Recover on R while sweeping L back (3) 12:00
4&5 6-8&	

17-24 1/2 Diamond Fallaway, Lunge, 3/8 turn L, Sweep forward, Cross, Side

- 1-2& Step R to R side (1), 1/8 turn L stepping L back (2), Step R back (&) 7:30
- 3-4& 1/8 turn L stepping L to L side (3), 1/8 turn L stepping R forward (4), Step L forward (&) 4:30
- 5-6 Step R forward (Start lunge) (5), Finish Lunge (weight still on R) (6) *add* R arm reach to R diagonal during counts 5,6 4:30
- 7-8& 3 /8 turn L stepping L forward & sweeping R forward (7), Cross R over L (8), Step L to L side (&) 12:00

25-32 Cross, Sweep back, Cross, Side, Cross Rock, Side Cross, Side, ¼ turn, Side, Walk L R

- 1-2& Cross R behind & sweep L back (1), Cross L behind R (2), Step R to R side (&) 12:00
- 3-4& Cross L over R (3), Recover on R (4), Step L to L side (&), 12:00
- 5-6& Cross R over L (5), Step L to L side (6), ¼ turn R stepping R to R side (&) 3:00
- 7-8 Step L forward (7), Step R forward (8) 3:00

Happy Face & Start Again



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