

Start the dance on lyrics "Life"**S1 3 Steps Running to Forward, 3 Steps Running to Backward, Long Step to Back, Coaster, Forward, ½ Turn to L with Chase Turn, ¼ Turn to R with Side, ½ Turn to R with Sweep, Sailor Step**

- 1&a LF forward, RF forward, LF forward
2&a RF backward, LF backward, RF backward
3 LF long step to backward
4&a RF backward, LF closed RF, RF forward
5 LF forward
6&a RF forward rock, 1/2 turn to L with LF recover, RF forward
7 ¼ turn to R with LF side and 1/2 turn to R with RF sweep from front to back
8&a RF cross behind LF, LF closed RF, RF forward

S2 Cross, 1/8 Turn to L with Hitch, Cross, 1/8 Turn to R with Hitch, Forward Rock, Recover, ½ Turn to L with Forward, Forward, Forward and ½ Turn to R, Forward, ½ Turn to R with Pivot, Cross Rock, Recover, Side, Cross Rock, Recover, Side

- 1&a LF cross over RF, 1/8 turn to L while RF hitch(&a)
2&a RF cross over LF, 1/8 turn to R while LF hitch(&a)
3 LF forward rock
4&a RF recover, 1/2 turn to L with LF forward, RF forward
5 LF forward and 1/2 turn to R (weight on LF)
6&a RF forward, LF forward, weight change to RF while 1/2 turn to R
7&a LF cross rock, RF recover, LF side
8&a RF cross rock, LF recover, RF side

No tag, no restart

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