

## This Is The Life



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Improver Level Dance.

Choreographed by: Hayley Wheatley (UK) Aug 2024

Choreographed to: This Is The Life (The Sunnefield Remix) by Micky

Intro: 32 Counts. Start at approx 21 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 1&2& 3&4 5&6 &7-8	CROSS, SIDE ROCK, CROSS SHUFFLE, SIDE ROCK CROSS, SIDE BEHIND 1/4 TURN Cross RF over L, Recover on L, Rock RF to R side, Recover on R Cross RF over L, Step LF to L side, Cross RF over L Rock LF to L side, Recover on RF, Cross LF over R Step RF to R side, Step LF behind RF, 1/4 turn R, step RF fwd (3:00)
SEC 2 1&2 3-4 5&6 7&8	CHASE ½ TURN, REVERSE ½ TURN, BACK, BACK LOCK STEP, MAMBO STEP Step LF fwd, Pivot ½ turn R, step RF fwd, Step LF fwd (9:00) ½ turn L stepping RF back, Step LF back (3:00) Step RF back, Lock LF over RF, Step RF back Rock LF back, Recover on R Step fwd on LF
Restart	Here on wall 4 (Facing (6:00)
SEC 3 1-2 3&4 &5-6 7&8	STEP FWD, POINT, LOCK ½ TURN, BALL STEP FWD, POINT, LOCK ½ TURN Step RF fwd, Point LF to L side ¼ turn L, stepping LF fwd, Lock step RF behind LF, ¼ turn L, stepping LF fwd (9:00) Close RF beside LF, Step fwd on LF, Point RF to R side ¼ turn R ,stepping RF fwd, Lock step LF behind RF, ¼ turn R, stepping RF fwd (3:00)
<b>SEC 4</b> 1-2 3&4 5&6& 7-8	CROSS, SIDE, SAILOR STEP, CROSS SIDE BEHIND SIDE, CROSS, UNWIND ½ TURN Cross LF over R, Step RF to R side Cross LF behind RF, Step RF to R side, Step LF to L Side Cross RF over LF, Step LF to L side, Cross RF behind LF, Step LF to L side Cross RF over LF, Unwind ½ turn L (9:00)
Ending	On the last wall, replace count 32 with unwind 3/4 turn

