Lifetime

www.linedancerweb.com
www.linedancefoundation.com
www.crystalbootawards.com

32 Count 4 Wall High Improver Level Dance.
Choreographed by: Gregory Danvoie (BEL) Nov 2026
Choreographed to: Lifetime by Myles Smith
Intro: 32 Counts. Start at approx 16 secs.

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

SEC 1	**ROCK FWD, BACK-LOCK-STEP, ROCK BACK, ½ SHUFFLE BACK**
1-2	RF rock forward, recover on LF
3&4	RF step back, LF cross over RF, RF step back
5-6	LF rock back, recover on RF
7&8	½ Turn R LF step back, RF cross over LF, LF step back (6:00)
SEC 2	**BACK, BACK, COASTER STEP, SKATE, SKATE, SHUFFLE FWD**
1-2	RF step back, LF step back
3&4	RF step back, LF step next to RF, RF step forward
5-6	LF skate forward, RF skate forward
7&8	LF step forward, RF step next to LF, LF step forward
SEC 3	**CROSS, SIDE, BEHIND, TOUCH, CROSS, SIDE, BEHIND, SIDE, CROSS**
1-2	RF cross over LF, LF step to the L side
3-4	RF cross behind LF, LF touch to the L side
5-6	LF cross over RF, RF step to the R side
7&8	LF cross behind RF, RF step to the R side, LF cross over RF
SEC 4	**SIDE ROCK, CROSS, SIDE, BEHIND, ¼ STEP, STEP, ½ PIVOT**
1-2	RF side rock to the R side, recover on LF
3-4	RF cross over LF, LF step to the L side
5-6	RF cross behind LF, ¼ turn L LF step forward (3:00)
7-8	RF step forward, pivot ½ L weight to L (9:00)
Tag	At the end of Wall 5
	ROCKING CHAIR
1-2	RF rock forward, recover on LF
3-4	RF rock back, recover on LF