

Dance Life

32 Count, 4 Wall, Intermediate

Choreographer: Francien Sittrop(NL) & Lorna Mursell (Scot)

Choreographed to: Let's Dance by 5ive

Intro: Start on Heavy Beat after 48 counts

S1 V Step, In In , Cross, ¼ R step Back, Kick Ball Cross

- 1 – 2 Step R out , Step L out (use Hips)
3 – 4 Step R back in Centre, Step L next to R
5 – 6 Step R across L, ¼ R step L back (03.00)
7 & 8 Kick R fwd, Step R down, Step L across R

S2 Side Rock, Recover, Sailor 1/2 Turn R, Step, Bend, L Coaster Step

- 1 – 2 Rock R To R Side, Recover onto L
3 & 4 Cross R Behind L Making 1/2 Turn R, Step L Beside R, Step R Forward (09.00)
5 & 6 Step Forward On Left, Bend Knees, And Rise
7 & 8 Step Back on Left, Step Right beside Left, Step Left Forward
* Restart Here

S3 Syncopated Lock steps , Rock Recover, Touch Back , ¾ Turn R

- 1-2& Step R fwd. Lock L behind R, Step R fwd
3-4& Step L fwd, Lock R behind L, Step L fwd
5 – 6 Rock R fwd, Recover onto L
7 – 8 Touch R back, Make ¾ Turn R (06.00)

S4 Side, Behind, Side, Step fwd , Flick, Cross, Step Back, Chasse 1/4 L

- 1-2& Step L To L Side, Step R Behind L, Step L To L Side
3 – 4 Step R fwd, Flick L Foot Back
5 – 6 Step L across R , Step Back on R
7 & 8 Step L To L Side Making 1/4 L, Step R Beside L, Step L Forward (03.00)

***Restarts:** During wall 2, 5, 10 after count 16 start again with count 1

Ending: Last wall ends on wall 9 . Step R across L, ¼ Turn R step L back to the front wall

Music download available from Amazon or iTunes