

Dancing A Song

32 Count, 4 Wall, Improver, Two Step

Choreographer: Chatti The Valley (Spain) June 2009

Choreographed to: This Is The Life by

Amy MacDonald, CD: This Is The Life

Intro: pre & 33. The Dance is written on half speed

**LEFT SYNCOPATED ROCKING CHAIR, FULL TURN RIGHT, RIGHT COASTER STEP,
LEFT SIDE MAMBO CROSS**

- & Rock left forward
- 1 Recover to right
- & Rock left back
- 2 Recover to right
- 3 Step left forward
- & Turn ½ right & weight on right
- 4 Turn ½ right & step left back (12:00)
- 5 Step back right
- & Step left together
- 6 Step forward right
- 7 Step left to side
- & Rock/recover to right
- 8 Cross left over right

**RIGHT SIDE MAMBO BEHIND, LEFT SIDE, RIGHT STEP, ½ TURN, RIGHT POINT TWICE,
LEFT SYNCOPATED WEAVE**

- 9 Step right to side
- & Rock/recover to left
- 10 Cross right behind left
- 11 Step left to side
- & Step right forward
- 12 Turn ½ left & weight on left (6:00)
- 13 Point right toe to right side
- & Step right together
- 14 Point right toe to right side
- 15 Cross right behind left
- & Step left to side
- 16 Cross right over left

**LEFT POINT TWICE, RIGHT SYNCOPATED WEAVE, RIGHT SIDE ROCK STEP ¼ TURN,
LEFT SYNCOPATED WEAVE**

- 17 Point left toe to left side
- & Step left together
- 18 Point left toe to left side
- 19 Cross left behind right
- & Step right to side
- 20 Cross left over right
- 21 Turn ¼ left & step right to side (3:00)
- 22 Rock/recover to left
- 23 Cross right behind left
- & Step left to side
- 24 Cross right over left

**LEFT SIDE ROCK STEP, RIGHT WEAVE ½ TURN, RIGHT BACK ROCK STEP,
RIGHT SHUFFLE**

- 25 Step left to side
- 26 Rock/recover to right
- 27 Cross left behind right
- & Turn ¼ right & step right forward
- 28 Turn ¼ right & step left to side (9:00)
- 29 Step backward on right
- 30 Rock/recover to left
- 31 Step right forward
- & Lock left behind right
- 32 Step right forward

RESTART: During the third wall, dance only until count 32 and start the dance from the beginning
At the end of eighth wall, the music decrease the speed. You can adapt your dance to the new speed.
