

LIFE

Choreographer: Yvonne Anderson, Scotland – July 2010

Description: 4 wall, 32 Count (with restarts), Intermediate, linedance

Music: Life by Phil Vassar: Album Travelling Circus, bpm: 93.

Notes: Start on main vocal (32 count intro from the word 'Life'). Restarts during walls 1, 3 and 4.

1-8 WALK R L, STEP 1/2 PIVOT STEP, TRIPLE TURN FORWARD, STEP 1/2, STEP BACK

1-2 Walk forward stepping R, L [12]

3&4 Step R forward, (&) Make a half turn left taking weight on L, Step R forward [6]

5&6 Make a full turn right (travels forward) stepping L, R, L [6]

(easier option counts 5&6 shuffle forward stepping L, R, L)

7-8 Make 1/2 turn left stepping R back, Step L back [12]

9-16 SAILOR HEEL, BALL CROSS, UNWIND 3/4, COASTER STEP, SHUFFLE FORWARD

1&2 Step R behind left, (&) Step L to left, Touch R heel forward to right diagonal [1.30]

&3 (&) Step R beside left, Step L across right [12]

4 Unwind 3/4 turn right, weight on L [9]

5&6 Step R back, (&) Step L beside right, Step R slightly forward [9]

7&8 Shuffle forward stepping L,R,L [9]

17-24 SCUFF HITCH 1/4, SAILOR STEP, TOE SPLITS OUT-IN, OUT-IN-OUT

1&2 Scuff R foot forward, & Making a 1/4 turn left hitch R foot, Step down on R [6]

3&4 Step L behind right, Step R to right, Step L to left [6]

5-6 Swivel toes out, toes in, *(as you move to the right)* [6]

7&8 Swivel toes out, & Toes in, Toes out *(as you move to the left)* [6]

****RESTART**** Wall 1 (facing 6 o'clock) Wall 3 (facing 9 o'clock) Wall 4 (facing 3 o'clock)

25-32 KICK-BALL-TOUCH, SAILOR 1/4 TURN, STEP 1/2 TURN STEP, SHUFFLE FORWARD

1&2 Kick R forward, (&) Step ball of R beside left, Touch L to left [6]

3&4 Step L back, (&) Making 1/4 turn left step R beside left, Step L slightly forward [3]

5&6 Step R forward, (&) Make 1/2 turn left taking weight on L, Step R forward [9]

7&8 Shuffle forward stepping L, R, L [9]

(harder option counts 7&8 full triple right turn travels forward)

REPEAT