

# "Life Moves On"- ( *Livet Går Videre* )

**Counts:** 32 **Walls:** 2 **Level:** Improver

**Choreographer:** Jessica Boström (SWE) August 2017

**Music:** Livet går videre – Rasmus Seebach Track length: 4.08 min iTunes

**Intro:** 16 counts (app. 12 secs. into track) Start with weight on L.

**S1:** **Fwd Rock. Side Rock. Behind Side. Cross Shuffle.**

**Extended Weave.**

1&2& Rock R fwd, recover onto L, Rock R to R side, recover onto L.

3& Step R behind L, step L to L side.

4&5 Cross R over L, step L to L side, cross R over L as you sweep L from front to back.

6&7& Cross L over R, step R to R side, step L behind R, step R to R side.

8&1 Cross L over R, step R to R side, step L behind R as you sweep R from front to back.

**S2:** **Behind Side Fwd. Step Turn Step. Full Turn. Walk. Walk.**

2&3 Step R behind L, step L to L side, step R fwd.

4&5 Step L fwd, turn 1/2 R stepping onto R, step L fwd. (6.00)

6& Turn 1/2 L stepping back on R, turn 1/2 L stepping fwd on L. (6.00)  
(easier option: two small runsteps fwd R,L.)

7-8 Step R fwd. Step L fwd.

**\* Tag and restart here on wall 3.**

**S3:** **Rumbabox 1/4 L x 2.**

1&2 Step R to R side, step L beside R, step R back.

3&4 Step L to L side, step R beside L, turn 1/4 L stepping L fwd. (3.00)

5&6 Step R to R side, step L beside R, step R back.

7&8 Step L to L side, step R beside L, turn 1/4 L stepping L fwd. (12.00)

**S4:** **Mambo Step. Coaster Cross. 1/4 1/4 Cross. Side Rock Cross.**

1&2 Rock R fwd, recover onto L, step R back.

3&4 Step L back, step R beside L, cross L over R.

5&6 Turn 1/4 L stepping back on R, turn 1/4 L stepping L to L side, cross R over L. (6.00)

7&8 Rock L to L side, recover onto R, cross L over R and slightly fwd.

**\* There is one 4 count tag with a restart on wall 3 (12.00)**

**Make a slow rocking chair (6.00). Then restart from beginning.**

**Tag:** 1-2-3-4. Rock R fwd. Recover on L. Rock R back. Recover on L.

**Contact:** [jessica.bostrom@hotmail.com](mailto:jessica.bostrom@hotmail.com) (If you need help with music.)