

WHAT A LIFE!

Released At Sharon's - St Matthews LDF Charity Event Burntwood Saturday 22nd October 2011

Choreographer: Alan G. Birchall

Level: Advanced

Dance: 2 Wall Dance

Steps/Count: 64

Restart: None

Music: Aka... What A Life! – Noel Gallagher **or** James Morrison – I Won't Let You Go

CD: Single or Album Noel Gallagher's High Flying Birds

Start: On Lyrics (For James Morrison Start: After First Verse 28 Seconds)

Seconds: 20 **Count:** 16 From Start Of Beat **BPM:** 120



STEPS

SAILOR STEP, BEHIND, UNWIND, SWAY, RECOVER, CROSS SHUFFLE

- 1&2 Cross Right Behind Left, Step Left To Left, Step Right To Right
 3-4 Cross Left Behind Right, Unwind Full Turn Left **Alt: Hold** 12 o' Clock
 5-6 Sway Out To Right, Recover On Left
 7&8 Cross Right Over Left, Step Left To Left, Right Over Left

SIDE TOGETHER, SIDE, TOGETHER, FORWARD, ROCK, RECOVER, 3/4 TURN

- 9-10 Step Left To Left, Right By Left
 11&12 Step Left To Left, Right By Left, Step Forward On Left
 13-14 Rock Forward On Right, Recover On Left
 15-16 Making 1/2 Turn Right Step Forward On Right, Making 1/4 Turn Right Step Left To Left 9 o' Clock

RIGHT & LEFT HEEL JACKS, ROCK, RECOVER, BACK LOCK STEP

- 17&18 Step Right Behind Left, Step Left To Left, Extend Right Heel
 &19&20 Step On To Right, Cross Left Over Right, Step Right To Right, Extend Left Heel
 &21-22 Step On To Left, Rock Forward On Right, Recover On Left
 23&24 Step Back On Right, Lock Left Over Right, Step Back On Right

TOUCH, UNWIND, STEP, 1/2 PIVOT, STEP 1/2 TURN 3/4 TRIPLE TURN

- 25-26 Touch Left Toe Back, Unwind 1/2 Turn Left (Weight On Left) 3 o' Clock
 27-28 Step Forward On Right, 1/2 Pivot Left 9 o' Clock
 29-30 Step Forward On Right, 1/2 Turn Right Stepping Back On Left 3 o' Clock
 31&32 3/4 Triple Turn Right Stepping Right, Left, Right **Alt: Right Coaster Step** 12 o' Clock

CROSS PRESS, RECOVER, SIDE CHASSE, CROSS PRESS, RECOVER, CHASSE 1/4 TURN

- 33-34 Cross Press Left Over Right, Recover On Right
 35&36 Step Left To Left, Right By Left, Step Left To Left
 37-38 Cross Press Right Over Left, Recover On Left
 39&40 Step Right To Right, Left by Right, Making 1/4 Turn Right, Step Right To Right 3 o' Clock

STEP, FULL TURN, STEP, LEFT SHUFFLE, ROCK, RECOVER, COASTER STEP

- 41-42 Step Forward On Left, On The Ball Of Left Foot Make Full Turn Right Step Forward On Right **Alt: Walk Forward**
 43&44 Step Forward On Left, Step Right By Left, Step Forward On Left
 45-46 Rock Forward On Right, Recover On Left
 47& 48 Step Back On Right, Left By Right, Step Forward On Right

1/4 SWAY, RECOVER, CROSS SHUFFLE, MODIFIED MONTEREY TURN, SWAY, RECOVER

- 49-50 Making 1/4 Turn Right Sway Left To Left, Recover On Right 6 o' Clock
 51&52 Cross Left Over Right, Step Right To Right, Cross Left Over Right
 53-54 Point Right To Right, Full Turn **Right** Stepping Right By Left **Alt: Hold, & Step Right By Left** 6 o' Clock
 55-56 Sway Left To Left, Recover On Right

CROSS, BACK, SIDE, CROSS, MODIFIED MONTEREY TURN, SWAY, RECOVER

- 57-58 Cross Left Over Right, Step Back On Right
 59-60 Step Left To Left, Cross Right Over Left
 61-62 Point Left To Left, Full Turn **Left** Stepping Left By Right **Alt: Hold, & Step Left By Right** 6 o' Clock
 63-64 Sway Right To Right Recover On Left

START AGAIN

