

STEP INTO LIFE

Choreographed by: **Wanda Heldt - July 2015**

Description: 32 Count - **1 wall or 4 wall** - See Section **4 cts 7-8**

Beginner Line dance - No tags or Restarts for any of the music listed. Have FUN

Music: **Gozar La Vida** by Julio Iglesias [Cha Cha] /

Ex's & Oh's by Elle King [Pop]

40 Shades of Green by Daniel O'Donnell [Slow]

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SPLIT FLOOR:- BachataConmigo / Bella's Cha Cha / Tango Del Rio / Wrapped Up

1. **ROCK, RECOVER , CHA CHA R.L.R ROCK BACK ,RECOVER, BACK, HOLD**

1-2 Rock forward on Right, Recover on Left.

3&4 Cha Cha-R.L.R. on the spot.

5-6 Rock back on Left [*body at slight Left Diagonal*], Recover on Right.

7-8 Rock back on Left, Hold.

[Use your Hips as you **Rock back, Recover on Right** and on **Rock back on Left**
[Turn head left as you do a slight sit-hold on ct. 8, The Right knee should be bend and with toe on floor]

2. **WALK FORWARD R.L.R. KICK, WALK BACK, L.R.L. TOUCH**

1-4 Walk forward R.L.R. Kick Left forward

5-8 Walk back L. R.L. Touch Right next to Left.

3. **RHUMBA BOX**

1-2 Step Right to Right side, Step Left next to Right.

3-4 Step back on Right. Hold.

5-6 Step Left to Left side, Step Right next to Left.

7-8 Step forward on Left, Hold. [Wt. on Left foot] * **For a 4 Wall dance....**

7-8 * 1/4 Turn Left as you step forward on Left, Hold. [9:00]

4. **CHARLESTON STEPS, POINT RIGHT, STEP FORWARD POINT LEFT, STEP FORWARD**

1-2 Touch Right toe forward, Step Right foot next to Left.

3-4 Touch Left toe back, Step Left foot next to Right.

5-6 Touch Right toe Right side, Slight Step forward on Right.

7-8 Touch Left toe Left side, Slight Step forward on Left.

Repeat..... HAVE FUN IN LIFE & IN DANCE

Choreographed specially for The Balga Seniors & Hazel Rutgrink who helps me in class - from their most Favorite dance steps.!