

## This Is The Life

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Count: 16

Wall: 4

Level: Beginner

Choreographer: Hiroko Carlsson (Grafton, Australia) March 2024

Music: "This Is The Life" by KYANU and LIZOT- Available on Spotify/Apple Music/Deezer

Please feel free to contact me if you need any further information.

(hirokoclinedancing@gmail.com)

(Intro: 8 counts)

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### **[S1] Cross Rock, Side, Cross Rock, Side, Behind Rock, Side, Behind Rock, Side**

1&2 Rock/cross R over L, Replace weight on L, Step R to the side

3&4 Rock/cross L over R, Replace weight on R, Step L to the side

5&6 Rock/cross R behind L, Replace weight on L, Step R to the side

7&8 Rock/cross L behind R, Replace weight on R, Step L to the side

### **[S2] Coaster Step, Step-Pivot 1/4R-Cross, Side Rock-Cross-Side-Behind Rock-Scissor- (Cross to start)**

1&2 Step back on R, Step L beside R, Step forward on R

3&4 Step forward on L, Make a ¼ turn right recover weight on R (3:00), Cross L over R

5&6& Rock R to the side, Replace weight on L, Cross R over L, Step L to the side

7&8& Rock/cross R behind L, Replace weight on L, Step R to the side, Step L next to R

(updated: 18/Mar/24)