

This Life

Count: 32

Wall: 4

Level: Beginner

Choreographer: Mike Stringer (UK) - April 2008

Music: Ain't That Just the Way - Lutricia McNeal



(16 count intro from backing vocals)

Alternative music: Countryfied by Ove Stoylen. Album: it's about time

Choreographer's Note: Slow dance with room for attitude.

Side Rock, Cross Shuffle, Side Rock, Cross Shuffle

- 1-2 Rock right foot out to right side, recover weight onto left.
- 3&4 Cross right over left, step left to left side, cross right over left
- 5-6 Rock left foot out to left side, recover weight onto right.
- 7&8 Cross left foot over right, step right to right side, cross left over right.

Step Lock, Step Lock Step, Step Lock, Step Lock Step

- 1-2 Step right forward, lock left behind right
- 3&4 Step right forward, lock left behind right, step right forward
- 5-6 Step left forward, Lock right behind left
- 7&8 Step left forward, lock right behind left, step left forward

Side Behind, Side Shuffle, Side Behind, 1/4 Shuffle Turn Left

- 1-2 Step right to right side, cross left behind right
- 3&4 Step right to right side, close left next to right, step right to right side
- 5-6 Step left to left side, cross right behind left
- 7&8 Step left to left side, close right next to left, quarter turn left stepping left to left side

Walk Forward twice, Shuffle forward, Pivot 1/2Turn, Shuffle forward

- 1-2 Walk forward right , walk forward left
- 3&4 Step forward right, close left next to right, step forward right
- 5-6 Step forward left, pivot ½ turn over right shoulder
- 7&8 Step left forward, close right next to left, step forward left

Start again and enjoy

Special thanks to Cath and Pete Jones for all the help and support, in the 18 years it's taken to do this dance.
