



Approved by:

Pim Humphrey

Singing The Song

4 WALL - 32 COUNTS - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Cross Rock, Side Rock, Behind Side Cross, Cross Shuffle		
1 &	Cross rock left over right. Recover onto right.	Cross Rock	On the spot
2 &	Rock left out to left side. Recover onto right.	Side Rock	
3 & 4	Cross left behind right. Step right to right side. Cross left over right.	Behind Side Cross	Right
5 - 6	Rock right out to right side. Recover onto left.	Side Rock	On the spot
7 & 8	Cross right over left. Step left to left side. Cross right over left.	Cross Shuffle	Left
Section 2	1/4, 1/4, Forward Shuffle, Touch Together x 2, Kick Ball Change		
1 - 2	Make 1/4 turn right stepping left back. Make 1/4 turn right stepping right forward.	Turn Turn	Turning right
3 & 4	Step left forward. Close right beside left. Step left forward.	Left Shuffle	Forward
5 &	Touch right to right side. Step right beside left.	Touch Together	On the spot
6 &	Touch left to left side. Step left beside right.	Touch Together	
7 & 8	Kick right forward. Step right beside left. Step onto left in place.	Kick Ball Change	
Section 3	Step, Pivot 1/2, Forward Shuffle, Sailor Step x 2		
1 - 2	Step right forward. Make 1/2 turn left stepping onto left.	Step Turn	Turning left
3 & 4	Step right forward. Close left beside right. Step right forward.	Right Shuffle	Forward
5 & 6	Cross left behind right. Step right to right side Step left to place.	Left Sailor	On the spot
7 & 8	Cross right behind left. Step left to left side. Step right to place.	Right Sailor	
Section 4	Touch x 3, Behind Side Cross, Touch x 3, Behind 1/4 Step		
1 & 2	Touch left out to left side. Touch left beside right. Touch left out to left side.	Touch In Out	On the spot
3 & 4	Cross left behind right. Step right to right side. Cross left over right.	Behind Side Cross	Right
5 & 6	Touch right out to right side. Touch right beside left. Touch right out to side.	Touch In Out	On the spot
7 & 8	Cross right behind left. Make 1/4 turn left stepping left forward. Step right forward.	Behind Turn Step	Turning left

Choreographed by: Pim Humphrey (UK) January 2008

Choreographed to: 'This Is The Life' by Amy Macdonald (98 bpm) from CD This is The Life;

also available from iTunes or tescodigital (16 count intro)



A video clip of this dance is available at www.linedancermagazine.com



Music available on Tango Cha CD available from www.linedancermagazine.com or call 01704 392300