

# IT'S LIFE

64 + 32 counts • 2 walls • Intermediate

Koreograf: *Valentina Trigila*

Musik: *This Is The Life by Amy McDonald*

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## SEC 1 KICK, HOOK, KICK, STEP, SWEEVET, ¼ TURN, HOOK

- 1-2 Kick R, Hook R in front of L
- 3-4 Kick R, Recover on R
- 5-6 R toe and L heel to R, L toe and R heel to L
- 7-8 ¼ turn L, Hook L in front of R

## SEC 2 LOCK STEP, SCUFF, STEP, SCUFF, STEP, SCUFF

- 1-2 Step L to L, Lock R behind L
- 3-4 Step L to L, Scuff R turning ¼ L
- 5-6 Step R to R, Scuff L beside R
- 7-8 Step L to L, Scuff R beside L

## SEC 3 VAUDEVILLE x2

- 1-2 Cross R over L, Step L diagonally back
- 3-4 Touch R heel fwd, Step R together
- 5-6 Cross L over R, Step R diagonally back
- 7-8 Touch L heel fwd, Step L together

## SEC 4 PIVOT, STEP, HOLD, COASTER STEP, STOMP UP

- 1-2 Step fwd R, Turn ½ L
- 3-4 Step back R turning ½ L, Hold
- 5-6 Step L back, Step R beside L
- 7-8 Step L fwd, Stomp up R

## SEC 5 KICK, STOMP, TURN, HOLD, TOE STRUT, FULL TURN

- 1-2 Kick R fwd, Stomp R fwd
- 3-4 Turn ½ L, Hold
- 5-6 ½ turn R toe strut R
- 7-8 ½ turn L toe strut R

## SEC 6 POINT, STEP, POINT, STEP, MONTEREY, HOOK

- 1-2 Point R to R, Step back R
- 3-4 Point L to L, Step back L
- 5-6 Point R to R, Turn ½ R
- 7-8 Point L to L, Hook L behind R

## SEC 7 VINE, POINT, ROLLING VINE, STOMP

- 1-2 Step L to L, Cross R behind L
- 3-4 Step L to L, point R to R
- 5-6 ¼ turn R step fwd R, ½ turn R step back L
- 7-8 ¼ turn R step fwd R, Stomp

**SEC 8      ROCKING CHAIR, ROCK TURN**

- 1-2      Step fwd R, Recover on L
- 3-4      Step back R, hold
- 5-6      Rock ½ turn L, Recover on R
- 7-8      Rock ½ turn L, Stomp up R

**TAG**

**SEC 1      LOCK STEP, STEP, SCUFF, STEP, SCUFF**

- 1-2      Step R diagonally R fwd, Cross L behind R
- 3-4      Step R diagonally R fwd, Scuff L beside R
- 5-6      Step L to L, Scuff R beside L
- 7-8      Step R to R, Scuff L beside R

**SEC 2      LOCK STEP, STEP, SCUFF, STEP, SCUFF**

- 1-2      Step L diagonally L fwd, Cross R behind L
- 3-4      Step L diagonally L fwd, Scuff R beside L
- 5-6      Step R to R, Scuff L beside R
- 7-8      Step L to L, Scuff R beside L

**SEC 3      TOE STRUTT, TOUCH HEEL**

- 1-2      ½ turn R toe strutt R
- 3-4      ½ turn L toe strutt R
- 5-6      Touch R heel fwd, Recover on R
- 7-8      Touch L heel fwd, Recover on L

**SEC 4      TOE STRUTT, TOUCH HEEL**

- 1-2      ½ turn L toe strutt L
- 3-4      ½ turn R toe strutt L
- 5-6      Touch L heel fwd, Recover on L
- 7-8      Touch R heel fwd, Recover on R

**TAG • A • A • TAG • A • A • TAG • TAG • A • A • HOLD 8 COUNT • LAST 32 COUNT OF A**