

About Life



Choreographed by **Magali CHABRET (France)** / October 2010 - www.galichabret.com

Description : Improver line dance - 32 counts - 4 wall

Music : **About Life, by Julianne HOUGH** [album Julianne Hough, 2008]

102 BPM, introduction 16 counts

1-8 WEAVE LEFT, HOLD, SIDE ROCK, RECOVER, CROSS SHUFFLE RIGHT TO LEFT

- 1-2-3 Cross right over left - step left to left side - cross right behind left
4 Hold
5-6 Rock left to side - recover onto right
7&8 Cross left over right - step right to side - cross left over right

9-16 WEAVE RIGHT, CHASSE RIGHT, CROSS ROCK, RECOVER

- 1-4 Step right to side - cross left behind right - step right to side - cross left over right
5&6 Step right to side - step left beside right - step right to side
7-8 Cross rock left over right - recover onto right back

17-24 ¼ LEFT AND LEFT SHUFFLE FORWARD, PIVOT ½ TURN, STEP-LOCK-STEP RIGHT AND LEFT

- 1&2 1/4 turn left & step left forward - step right beside left - step left forward
3-4 Step right forward - pivot 1/2 turn left (weight on left) **-3:00-**
5&6 Step right forward - lock left behind right - step right forward
7&8 Step left forward - lock right behind left - step left forward (second restart here)

25-32 MODIFIED BOX STEP, RIGHT SAILOR STEP, LEFT SAILOR STEP

- 1-2 Step right to side - step left next to right
3-4 Step back with right - step left to side (first restart here)
5&6 Cross ball of right behind left - step ball of left to side - step right to side
7&8 Cross ball of left behind right - step ball of right to side - step left to side

2 RESTARTS, always on front wall :

- On 4th wall, dance until count 28 (before the sailor steps), then restart from the beginning.
- On 8th wall, dance until count 24 (after the lock steps), then restart from the beginning.

Original card of the choreographer - galicountry76@yahoo.fr