

A Rich Life

Choreograaf : Francien Sittrop (Juli 2012)

Muziek : Life

Soort dans : 4 muurs linedans

Artiest : Beckah Shae

Niveau : Intermediate

Koop muziek: [iTunes](#)

Tellen : 64

Intro: 32 tellen

1 – 8 Walks fwd R,L, Touches ½ R with Hitches, Side Shuffle R

1 – 2 Walk Fwd R,L

3 – 4 Touch R to R side, ¼ Turn R with R hitch

5 – 6 Touch R to R side, ¼ Turn R with R hitch (06.00)

7 & 8 Step R to R side, Step L next to R , Step R to R side

9-16 Rock Recover, Fwd , Touch, Fwd with Toe Touches

1 – 2 Rock L back, Recover on R

3 – 4 Step L fwd, Touch R to R side

5 – 6 Step R fwd, Touch L to L side

7 – 8 Touch L fwd, Touch L to L side

17-24 Together , Touch , Hitch, Side Shuffle , Rock Recover , Toe Strut

&1-2 Step L next to R, Touch R to R side, Hitch R

3 & 4 Step R to R side, Step L next to R, Step R to R side

5 – 6 Rock L back , Recover on R

7 & 8 Step L fwd on toes, Step L heel down

25-32 Toe Swivel ½ R , Out Out In Touch

1 - 2 Swivel on R heel your foot ¼ Turn to the R side ,Swivel on L Heel your foot ¼ Turn R (09.00)

3 - 4 Swivel on R heel your foot ¼ Turn to the R side . Step L to L side (12.00)

5 – 8 Step R fwd out , Step L fwd out, Step R back in, Touch L next to R (**R**)

33-40 Box Step ¾ R , Rock Recover , Coaster step

1 – 2 Step L to L side, ¼ R step R to R side

3 – 4 ¼ R step L to L side, ¼ R step R to R side (09.00)

5 – 6 Rock L fwd, Recover on R

7 & 8 Step L back, Step R next to L, Step L fwd

41-48 Step fwd, ¼ L , Cross Shuffle , Anchor Step with Flick ¼ L

1 – 2 Step R fwd, ¼ Turn L

3 & 4 Step R across L, Step L to L side, Step R across L

5 – 6 Step L diag L fwd, Lock R behind L (04.30)

&7-8 Recover Fwd on L, Recover back on R, Step fwd on L and flick R back 2/8 turn to the L (03.00)

49-56 Cross Side Sailor step, Cross Side Sailor ½ L

1 – 2 Step R across L, Step L to L side

3 & 4 Step R behind L, Step L next to R, Step R to R side

5 – 6 Step L across R, Step R to R side

7 & 8 Step L behind R with ½ Turn to the L , Step R to R side , Step L to L side (09.00)

57-64 Rock Recover, Shuffle ½ R, Rock Recover , Heel Jack , Step fwd

1 – 2 Rock R fwd, Recover on L

3 – 4 Shuffle ½ Turn R with R , L, R (03.00)

5 – 6 Rock L fwd, Recover on R

&7-8 Step L next to R, Step R back and Touch L heel fwd, Step L fwd
(you can flick your R back when you step L fwd)

Restarts : During wall 2 & 5 after count 31.

Instead of touch L next to R – Step L next to R and start again with count 1