

Song For The Life.



Choreographer Daniel Trepát & Wendy Meesters (Febr. 2005)
Level Intermediate
1 wall line dance - Waltz
Counts Part A: 48 counts - Part B: 12 counts
Music Song for the Life, by Alan Jackson

Sequence: AABAABAABAA

Part A

Step fwd, full turn left, step fwd, basic fwd.

1 LF Step forward
2 RF Make a full turn left
3 LF Step forward
4 RF Step forward
5 LF Step next RF
6 RF Step in place

Diagonally steps fwd, balance step, diagonally steps backw., rondé.

1 LF Step diagonally to the right
2 RF Step diagonally to the right
3 LF Lift your left leg backwards and spread your arms
4 LF Step diagonally backwards
5 RF Step diagonally backwards
6 LF Rondé with LF from front to back

Behind, full turn, diagonal step, arm movement.

1 LF Step behind RF
2 RF 1/4 turn right, step RF fwd
3 LF 1/2 turn right, close LF by RF
& RF 1/4 turn right, step RF to right side
4 LF Step diagonally fwd to right start arm movement
5 Hold and continue arm movement
6 RF Finish arm movement and recover weight

Diagonal step, 3/8 turn right, together, left twinkle.

1 LF Step diagonally backwards
2 RF 3/8 turn right, step RF to right side
& LF Step next to RF
3 RF Step to right side
4 LF Step diagonally fwd in front of RF
5 RF Step diagonally fwd right
6 LF Step diagonally fwd left

Right twinkle 1/2 turn left with sweep and hitch

1 RF Step diagonally fwd in front of LF
2 LF Step diagonally fwd left
3 RF Step diagonally fwd right
4 LF Step diagonally fwd right
5 LF 1/2 turn left on LF, a sweep with RF
6 RF Hitch right knee

Right and left twinkle backwards.

1 RF Step diagonally backwards behind LF
2 LF Step diagonally backwards to left
3 RF Step diagonally backwards to right
4 LF Step diagonally backwards behind RF
5 RF Step diagonally backwards to right
6 LF Step diagonally backwards to left

Step backwards, 3/8 turn left, cross, unwind full turn, 3/8 turn right.

1 RF Step diagonally backwards to left
2 LF 3/8 turn left, step LF fwd
3 RF Lock RF behind LF
4-5 Unwind full turn right
6 RF 3/8 turn right, bring RF fwd

Steps diagonally fwd, brush, basic back.

1 RF Step fwd diagonally to right
2 LF Step fwd diagonally to right
3 RF Brush and lift right leg
4 RF Step diagonally backwards to left
5 LF Step to left side
6 RF Step in place

Part B

Step fwd, full turn left, down on your knee.

1 LF Step forward
2 RF Make a full turn left
3 LF Step forward
4-5-6 Go down on your right knee

Coming up, step, 1/2 turn right, step.

1-2-3 Coming up, on count 3 turn 1/2 right, keep weight on LF
4 RF Step forward
5 LF Step forward and make 1/2 turn right
6 RF Step forward