

Life Is A...

4 Wall, 32 Counts, Improver Level, Not Phased

Choreographer: Stephen Gell – April 2008

Music: Life Is A Flower (Original Version) CD Single 1998 By Ace Of Base (Total Track Length 3:48)

CD Single 1998 May Not Be Available, Life Is A Flower By Ace Of Base Single Of The 90's or Life Is A Flower By Ace Of Base Greatest Hits, 98 bpm, Available On iTunes And Amazon UK

Intro: 16 Counts

Restart: On Wall 6 After Count 24 Then Start From The Beginning.

1 – 8 Cross Rock, Recover, Left Side Shuffle, Rock, Recover, Point, ½ Turn Right, Point

1 – 2 Cross rock left over right, Recover on right

3 & 4 Step left to left side, Step right next to left, Step left to left side

5 – 6 Rock back on right, Recover on left (weight stays on left foot)

7 & 8 Point right to right side, Make ½ turn right stepping right next to left, Point left to left side (weight stays on right foot)

9 – 16 Left Side Shuffle, Rock, Recover, Step Forward Right, Pivot ½ Turn Left, Step Forward Right, Pivot ¼ Turn Left

1 & 2 Step left to left side, Step right next to left, Step left to left side

3 – 4 Rock back on right, Recover on left

5 – 6 Step forward on right, Pivot ½ turn left

7 – 8 Step forward on right, Pivot ¼ turn left

17 – 24 Jazz Box Cross, Right Side Shuffle, Rock, Recover

1 – 2 Cross right over left, Step back on left

3 – 4 Step right to right side, Cross left over right

5 & 6 Step right to right side, Step left next to right, Step right to right side

7 – 8 Rock back on left, Recover on right (**Restart on wall 6 then start from the beginning**)

25 – 32 Left Side Shuffle, Rock, Recover, Rock Forward, Recover, Right Coaster Step

1 & 2 Step left to left side, Step right next to left, Step left to left side

3 – 4 Rock back on right, Recover on left (weight on left)

5 – 6 Rock forward on right, Recover on left

7 & 8 Step back on right, Step left next to right, Step right forward

Ending: On the wall 11 you will here the music start to fade dance up to count 12 then add two step pivot ½ turns left, Step right forward, Pivot ½ left x2, to finish at the front wall just hold until end of music.