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| It's My Life |  |

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| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Earleen Florka | | | | |
| **Music:** | It's My Life - No Doubt | | | | |
| . | | | | | | |

**SLIDE LEAN, DRAG, BODY ROLL, WALKS**

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| 1 | Step our right (while slightly leaning to right) |

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| 2 | Drag right toe next to left instep |

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| 3&4 | Body roll (starting with head, rolling down shoulders, hips, knees) |

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| --- | --- |
| 5-8 | Step forward right, left, right, left (left takes weight) |

**KICK RIGHT, STEP, TOUCH HOLD, BUMPS, STEP, TOUCH, SWEEP**

|  |  |
| --- | --- |
| 9 | Kick right forward |

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| --- | --- |
| & | Step back on right |

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| --- | --- |
| 10 | Touch left toe forward-hold |

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| --- | --- |
| 11&12 | Bump left hip forward 2 times (keeping weight on right) |

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| --- | --- |
| 13 | Step down on left |

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| --- | --- |
| 14 | Touch right next to left (left takes weight) |

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| --- | --- |
| 15-16 | ¼ Turn sweep to left with right toe (while pivoting on left foot) |

**KICK & STEP, HEEL TAPS, CROSS STEP TOUCH, TURN, HEEL TAPS**

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| 17 | Kick right forward |

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| &18 | Step back right, left (left takes weight) |

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| &19 | Lift both heels up/down (using both knees to pop up/down) |

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| --- | --- |
| &20 | Repeat &19 (on count 20, left takes weight) |

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| --- | --- |
| 21&22 | Cross right over left, step back on left, touch right forward |

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| --- | --- |
| &23 | Lift up/down on both heels while pivoting 1/8 turn to left (using both knees to pop up/down) |

|  |  |
| --- | --- |
| &24 | Repeat &23 (left takes weight on count 24) |

**CROSS HEEL JACKS RIGHT & LEFT, ¼ TURN LEFT CROSS HEEL JACKS, STEP BACK, HEEL TOUCH, STEP CENTER, TOE TOUCH, KNEE LIFT UP**

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| --- | --- |
| &25&26 | Cross right over left, step left to left, touch right heel forward |

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| --- | --- |
| &27&28 | Cross left over right, step right to right, touch left heel forward |

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| --- | --- |
| &29&30 | ¼ turn left on left, cross right over left, step back on left, touch right heel forward |

|  |  |
| --- | --- |
| &31 | Step back on right, touch left toe forward |

|  |  |
| --- | --- |
| &32 | Step left to center, hitch right knee next to left |

**REPEAT**

**I dedicate this dance to Kim Bowers**