Count: 0
Wall: 2
Level:
Choreographer: Anita Ludlow (UK)
Music: Life or Love - Alan Jackson


## Sequence: AB, AB (but add counts 15 -22 once more PLUS the last four counts from Section A). Finish the dance with A A <br> PART A <br> SWITCH HEELS, SWIVELS, $1 / 4$ TURN MAMBO CROSS <br> 1 Weight on left, dig right heel forward <br> \&2 Step right next to left, dig left heel forward <br> \&3 Step left next to right, small step forward on right (weight on both feet now) <br> \&4 Swivel both heels to right, swivel both heels back center <br> 5-6 Swivel both heels to right, swivel both heels back center <br> 7\&8 Rock right to right side, $1 / 4$ turn left recovering weight on left, cross right over left

## MAMBO CROSS, ROCK FORWARD, ½ TURN TRIPLE, FULL TURN TRIPLE

1\&2 Rock left to left side, recover weight on right, cross left over right
3-4 Rock forward on right, recover weight on left
5\&6 Triple step right, left, right turning $1 / 2$ turn right
7\&8 Triple step left, right, left completing a full turn right
This can be replaced by a straight shuffle forward on left

## MAMBO FORWARD, 2 X LOCK SHUFFLES BACK, MAMBO BACK

1\&2 Rock forward on right, recover weight on left, step back on right
$3 \& 4$
5\&6
Step left back, cross right over left, step back on left
Step back on right, cross left over right, step back on right
7\&8 Rock back on left, recover weight on right, step forward on left

## SWITCH HEELS \& STEP SLIDE, CHASSE LEFT, SAILOR SHUFFLE

1 Dig right heel forward
\&2 Step right next to left, dig left heel forward
\&3 Step left next to right, take a large step to right
$4 \quad$ Drag left in to touch next to right
5\&6 Step left to left side, step right next to left, step left to left side
$7 \& 8 \quad$ Swing right behind left, step left in place, step right next to left
SAILOR SHUFFLE, BEHIND UNWIND, CROSSING SHUFFLE, MAMBO WITH $1 / 4$ TURN

| $1 \& 2$ | Swing left behind right, step right in place, step left next to right |
| :--- | :--- |
| $3-4$ | Sweep right behind left $1 / 2$ turning right by swiveling on ball of left |
| Weight now on right |  |


| $5 \& 6$ | Step left across right, step right to right side, step left across right |
| :--- | :--- |
| $7 \& 8$ | Rock right to right side, recover weight on left turning $1 / 4$ left, step right next to left |

HALF PIVOT TURN, HALF TRIPLE TURN, STEP OUT/OUT IN/IN, TAP HEELS TWICE
1-2 Step forward on left, $1 / 2$ turn right stepping onto right
$3 \& 4 \quad$ Triple step left, right, left complete another $1 / 2$ turn right
\&5 Step small step out to right on right, step small step out to left on left
\&6 Step right back in, step left next to right (weight now on both feet)
7-8 Tap both heels twice

## PART B

LUNGE ROCK WITH TWO JAB PUNCHES TWICE
1-2 Lunge rock right out to right side, bring weight back center replacing right next to left
3-4 Jab punch right fist forward twice
5-6 Lunge rock right out to right side, bring weight back center replacing right next to left
7-8 Jab punch right fist forward twice
STEP FORWARD RIGHT, LEFT, SHUFFLE FORWARD RIGHT \& LEFT, SYNCOPATED PIVOTS
9-10 Step forward on right, step forward on left
11\&12 Shuffle forward on right
13\&14 Step forward on right, $1 / 2$ turn left stepping onto left, step forward on right
15\&16\& $\quad 1 / 2$ turn left swiveling on ball of right foot lifting left leg forward
The count is $15 \& 16 \&$ and these pivots will be repeated when Part B is danced for second time
COASTER STEP, SHUFFLE FORWARD RIGHT \& LEFT
17\&18 Step back on left, step right next to left, step forward on left
19\&20 Shuffle forward on right
21\&22 Shuffle forward on left

