

# Song For Life

Count: 48

Wall: 2

Level: Easy Intermediate

Choreographer: Pam Cassells (AUS) - September 2008

Music: Song for the Life - Alan Jackson : (CD: Who I Am)



**Start Position:** Feet together - with weight on L foot.

**Starts on vocals – 24 counts in.**

**Dance Sequence:** 48, 48, 12, 48, 48, 12, 48, 48, 12, finish.

## **WALTZ FORWARD, STEP DRAG X2.**

1,2,3 Waltz forward – step R forward, step L beside R, step R beside L,  
4,5,6 Step L forward, drag R up to touch beside L for 2 counts,

## **BACK, TURN ½, TURN ½, WALTZ BACK.**

1,2,3 Step R back, travelling back - turning 360 degrees R – step L, R,  
4,5,6 Waltz back – step L back, step R beside L, step L beside R, \*\*

## **STEP FORWARD, DRAG X2, STEP FORWARD, TURN ½, TURN 1/2.**

1,2,3 Step R forward, drag L up to touch beside R for 2 counts,  
4,5,6 Step L forward, travelling forward - turning 360 degrees L – step R, L,

## **TWINKLE, TWINKLE.**

1,2,3 R twinkle/cross over – step R across in front of L, step L beside R, step R beside L,  
4,5,6 L twinkle/cross over – step L across in front of R, step R beside L, step L beside R,

## **R SAILOR, TWINKLE**

1,2,3 R sailor – step R behind L, step L to L side, step R to R side,  
4,5,6 L twinkle/cross over – step L across in front of R, step R beside L, step L beside R,

## **WEAVE L, STEP TO L SIDE, DRAG X2,**

1,2,3 Weave L – step R across in front of L, step L to L side, step R behind L,  
4,5,6 Step big step L to L side, drag R up to and touch beside L – 2 counts,

## **ROLL 1 ¼ TURNS R, STEP FORWARD, DRAG X2.**

1,2,3 Turn 450 degrees R – turn 90 degrees R - step R forward, turn 180 degrees R - step L back,  
turn 180 degrees R – step R forward,  
4,5,6 Step L forward, drag R up to touch beside L for 2 counts,

## **R SAILOR, TOUCH BEHIND, UNWIND ¾ L.**

1,2,3 R sailor – step R behind L, step L to L side, step R to R side,  
4,5,6 Touch L behind R, unwind 270 degrees L for 2 counts – weight on L.

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48

**Repeat Dance In New Direction**

**Restarts:\*\* Dance to count 12\*\* - every time you come back to the front wall and then restart dance from beginning facing the front wall.**

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