Song For The Life



Compte: 60 Mur: 1 Niveau: Intermediate waltz

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Musique: Song for the Life - Alan Jackson



Sequence: AAB AAB AAB AA

Part A: 48 counts

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.

LF Step diagonally to the rightRF 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 right6 LF Step diagonally fwd left

Right twinkle 1/2 turn left, sweep and hitch

1 RF Step diagonally fwd in front of LF

LF Step diagonally fwd left
RF Step diagonally fwd right
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 diag. backwards behind LF

2	LF Step diagonally backwards to left
3	RF Step diagonally backwards to right
4	LF Step diag. 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 side6 RF Step in place

Part B: 12 counts

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