

A LIFE I CAN LIVE BY

SONG: "A LIFE I CAN LIVE BY" by MONARCH CAST.

ALBUM: "MONARCH" (Soundtrack)

LEVEL: INTERMEDIATE

ORIGINAL POSITION: FEET TOGETHER WEIGHT ON THE LEFT FOOT.

CHOREOGRAPHER: AMANDA BOWDEN, SHIRLENE McCLOUD & GORDON ELLIOTT.
AUSTRALIA. October 2024

BEATS	STEPS: This dance is done in FOUR directions. INTRO : 16 Beats
1, 2 & 3 & 4 & 5 6 & 7 & 8 &	<p>SIDE, BACK-ROCK-SIDE-TOUCH-OUT-IN-SIDE, BEHIND-1/4 FORWARD-FORWARD-TOGETHER-BACK-TOGETHER- STEP R TO THE SIDE, STEP L BEHIND RIGHT, ROCK ONTO R, STEP L TO THE SIDE, TOUCH R TOGETHER, TOUCH R TO R SIDE, TOUCH R TOGETHER, BIG STEP R TO THE SIDE DRAG L TOWARDS RIGHT, STEP L BEHIND RIGHT, TURN 90° RIGHT STEP R FORWARD, (3.00) STEP L FORWARD, STEP R TOGETHER, STEP L BACK, STEP R TOGETHER</p>
1, 2 3 & 4 5, 6 7 & 8 [^] & ##	<p>PIVOT TURN, FORWARD-QUICK ROLL, PADDLE TURN, QUICK JAZZ BOX CROSS PIVOT : STEP L FORWARD, TURN 180° RIGHT TAKE WEIGHT ONTO R, (9.00) STEP L FORWARD, TURN 180° LEFT STEP R BACK, TURN 180° LEFT STEP L FORWARD, (9.00) PADDLE : STEP R FORWARD, TURN 90° LEFT TAKE WEIGHT ONTO L, (6.00) JAZZ BOX : STEP R ACROSS IN FRONT OF LEFT, STEP L BACK, STEP R TO THE SIDE, STEP L ACROSS IN FRONT OF RIGHT. (6.00)</p>
1, 2 3 & 4 5, 6 7 & 8	<p>SIDE, TOGETHER, SHUFFLE ACROSS, SIDE, ROCK, 3/4 SAILOR CROSS LARGE STEP R TO R SIDE, DRAG L TO STEP TOGETHER POPPING RIGHT KNEE, SHUFFLE RIGHT ACROSS IN FRONT OF LEFT STEP : R-L-R, STEP L TO THE SIDE, SIDE ROCK ONTO R, 3/4 SAILOR STEP : STEP L BEHIND R, TURN 90° LEFT STEP R ACROSS, TURN 180° LEFT STEP L ACROSS IN FRONT OF RIGHT. (9.00)</p>
1, 2 & 3, 4 & 5, 6 7, 8	<p>SIDE, ROCK & SIDE, ROCK & PIVOT TURN, FORWARD, FORWARD STEP R TO THE SIDE, SIDE ROCK ONTO L, STEP R TOGETHER, STEP L TO THE SIDE, SIDE ROCK ONTO R, STEP L TOGETHER, PIVOT : STEP R FORWARD, TURN 180° LEFT TAKE WEIGHT ONTO L, STEP R FORWARD, STEP L FORWARD. (3.00)</p>
32	REPEAT THE DANCE IN NEW DIRECTION
& 1, 2, 3, 4	<p>RESARTS : On WALL 3, WALL 4 & WALL 7 dance to BEAT 16 (##) & RESTART facing 12.00, 6.00 & 6.00 respectively.</p> <p>ENDING : On WALL 9 dance to BEAT 16 (^) ADD the following STEP L FORWARD, TURN 90° LEFT STEP R, HOLD, HOLD, HOLD.</p>

