

# About Life



Choreographed by Magali CHABRET ( France ) / October 2010 - [www.galichabret.com](http://www.galichabret.com)

Description : Improver line dance - 32 counts - 4 wall

Music : **About Life, by Julianne HOUGH** [ album Julianne Hough, 2008 ]

102 BPM, introduction 16 counts

## **1-8 WEAVE LEFT, HOLD, SIDE ROCK, RECOVER, CROSS SHUFFLE RIGHT TO LEFT**

1-2-3 Cross right over left - step left to left side - cross right behind left

4 Hold

5-6 Rock left to side - recover onto right

7&8 Cross left over right - step right to side - cross left over right

## **9-16 WEAVE RIGHT, CHASSE RIGHT, CROSS ROCK, RECOVER**

1-4 Step right to side - cross left behind right - step right to side - cross left over right

5&6 Step right to side - step left beside right - step right to side

7-8 Cross rock left over right - recover onto right back

## **17-24 1/4 LEFT AND LEFT SHUFFLE FORWARD, PIVOT 1/2 TURN, STEP-LOCK-STEP RIGHT AND LEFT**

1&2 1/4 turn left & step left forward - step right beside left - step left forward

3-4 Step right forward - pivot 1/2 turn left (weight on left) **-3:00-**

5&6 Step right forward - lock left behind right - step right forward

7&8 Step left forward - lock right behind left - step left forward (second restart here)

## **25-32 MODIFIED BOX STEP, RIGHT SAILOR STEP, LEFT SAILOR STEP**

1-2 Step right to side - step left next to right

3-4 Step back with right - step left to side (first restart here)

5&6 Cross ball of right behind left - step ball of left to side - step right to side

7&8 Cross ball of left behind right - step ball of right to side - step left to side

### **2 RESTARTS, always on front wall :**

- On 4th wall, dance until count 28 (before the sailor steps), then restart from the beginning.

- On 8th wall, dance until count 24 (after the lock steps), then restart from the beginning.

Original card of the choreographer - [galicountry76@yahoo.fr](mailto:galicountry76@yahoo.fr)