

# This is the life

**music:** This is the life, Album 173212-4, Melodramatic Records Ltd. **level:** Easy  
**artist:** Amy MacDonald **time:** 3:06 min.  
**choreo:** Sabine Koll und Gunda Martinetz, 100 beats min.  
Cross Country Cloggers Norderstedt - www.cross-country-hoppers.de  
**sequence:** **A B C A B C\* B B Ending** **date:** 26.10.2008  
**intro:** Wait **16** beats **event:** Weser-Ems

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## Part A:

2 Basic Brush DS BR UP/ H  
L&R L R R L  
&1 & 2

Fancy Double DS DS RS RS  
L R LR LR  
&1 &2 &3 &4

### repeat all

2 Push Turn DS RS RS RS **full turn each**  
L&R L RL RL RL  
&1 &2 &3 &4

Cowboy DS DS DS BR UP/ H DS(xif) RS RS RS **move fw on beat 1-3**  
L R L R R L R LR LR LR **move bw on beat 6-8**  
&1 &2 &3 & 4 &5 &6 &7 &8

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## Part B:

2 Grandpa DS TCH(if) H TCH(ots) H TCH(ib) H  
L&R L R L R L R L  
&1 & 2 & 3 & 4

Vine Eight DS DS(xif) DS DS(xib) DS DS(xif) DS RS  
L R L R L R L RL  
&1 &2 &3 &4 &5 &6 &7 &8

### repeat all opposite footwork

## Part C:

Fancy Run DS DS(xif) BA(ots) BA(xib) BA(ots) S  
L R L R L R  
&1 &2 & 3 & 4

Rocking Chair DS BR UP/ H DS RS **turn 1/2 left on BR**  
L R R L R LR  
&1 & 2 &3 &4

### repeat all

## Part C\*:

**repeat Part C as written but do it 4 times, turn the Rocking Chair only 1/4 left.**

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## Ending:

3 Beats Pause

2 Basic Brush DS BR UP/ H  
L&R L R R L  
&1 & 2

Fancy Double DS DS RS RS  
L R LR LR  
&1 &2 &3 &4

**repeat** 2 Basic Brush and Fancy Double

Step S (arms and head down)  
L

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