

Song For Life

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Count: 48 **Wall:** 2 **Level:** Easy Intermediate

Choreographer: Pam Cassells (Sept '08)

Music: Song For The Life by Alan Jackson. CD: Who I Am (88bpm)

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.

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.**

Pam Cassells - ph: 0429 640 510