

# Live Life My Way

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**Count:** 80

**Wall:** 2

**Level:** Phrased Advanced

**Choreographer:** Fred Whitehouse (IRE) - May 2025

**Intro: 16 Counts, Start at approx 8 secs**

**Sequence: A (Hips), B, Tag, C, C, A, B, C, A, B, Tag**

**Part A: 16c**

**SEC 1 Side Lunge,  $\frac{3}{4}$  Rolling Turn, Back Rock,  $\frac{1}{4}$  Side Rock, Cross Sweep,  $\frac{1}{8}$  Step, Step, Together**

**1-2& Lunge right to right, turn  $\frac{1}{4}$  left step left forward, turn  $\frac{1}{2}$  left step right back (3:00)**

**3&4& Rock left back, recover weight on to right, turn  $\frac{1}{4}$  right rock left to left, recover weight on to right (6:00)**

**5 Cross left over right sweeping right from back to front**

**6&7 Turn  $\frac{1}{8}$  left step right forward, step left forward, step right beside left (4:30)**

**Arms 7 Place right hand to right side at hip level**

**& Place left hand to left side at hip level**

**8 Raise both arms forward**

**& Pull both arms down**

**SEC 2 Back Sweep,  $\frac{1}{8}$  Weave, Cross Rock, Full Rolling Turn, Arms**

**1 Step right back sweeping left from front to back**

**2& Step left behind right, turn  $\frac{1}{8}$  right step right to right (6:00)**

**3& Cross rock left over right, recover weight on to right**

**4&5-6 Turn  $\frac{1}{4}$  left step left forward, turn  $\frac{1}{2}$  left step right back, turn  $\frac{1}{4}$  left step left to left (6:00)**

**Arms 5-6 Raise right hand forward over 2 counts**

**7-8 Place right hand to right side at hip level, place left hand to left side at hip level**

**Note 1st time Part A is danced, replace 7-8 with the following**

**7& Place right hand to right side at hip level, place left hand to left side at hip level**

**8& Bump hips right, bump hips left**

**Part B: 32c**

**SEC 1 Side, Cross Rock,  $\frac{1}{4}$  Side Shuffle, Rock Sweep, Behind, Side**

**1-2-3 Step right to right, cross rock left over right, recover weight on to right**

**4&5 Step left to left, step right beside left, turn  $\frac{1}{4}$  left step left forward (9:00)**

**6-7 Rock right forward, recover weight on to left sweeping right from front to back**

**8& Step right behind left, step left to left**

**SEC 2 Press Rock, Side Press Rock, Back Sweep, Back Sweep,  $\frac{1}{4}$  Side,  $\frac{1}{4}$  Step**

**1-2 Press right over left, recover weight on to left**

**3-4 Press right to right, recover weight on to left**

**5-6 Step right back sweeping left from front to back, step left back sweeping right from front to back**

**7-8 Turn  $\frac{1}{4}$  right step right to right, turn  $\frac{1}{4}$  left step left forward (9:00)**

**Arms 7 Point both thumbs towards body**

**SEC 3 Step,  $\frac{1}{4}$  Pivot,  $\frac{1}{4}$  Point,  $\frac{1}{4}$  Point, Cross, Side Rock, Cross**

**1-2 Step right forward, pivot  $\frac{1}{4}$  left transferring weight onto left (6:00)**

**3-4 Turn  $\frac{1}{4}$  left point right to right, turn  $\frac{1}{4}$  left point right to right (12:00)**

**5 Cross right over left**

**6-7 Rock left to left, recover weight on to right**

**8 Cross left over right**

**SEC 4  $\frac{1}{8}$  Side,  $\frac{1}{8}$  Cross,  $\frac{1}{8}$  Side,  $\frac{1}{8}$  Cross, Side, Hold**

**1-2 Turn  $\frac{1}{8}$  left step right to right, turn  $\frac{1}{8}$  left cross left over right (9:00)**

**Styling Roll hips anticlockwise**

**3-4 Turn  $\frac{1}{8}$  left step right to right, turn  $\frac{1}{8}$  left cross left over right (6:00)**

**Styling Roll hips anticlockwise**

**5-6 Step right to right placing right hand to right side at hip level, hold**

**7-8 Place left hand to left side at hip level, hold**

**Tag**

**1-4 Lift both arms up to sides**

**Part C: 32c**

**SEC 1  $\frac{1}{8}$  Chug,  $\frac{1}{8}$  Chug,  $\frac{1}{4}$  Back Sweep, Behind, Side Rock Cross, Side,  $\frac{1}{4}$  Side**

**1-2 Turn  $\frac{1}{8}$  left step right to right, turn  $\frac{1}{8}$  left step right to right (3:00)**

**Arms 1 Touching fingertips in front of body at shoulder level drop left elbow raising right elbow**

**& Recover to level**

**2 Drop left elbow raising right elbow**

**3 Turn  $\frac{1}{4}$  right step left back sweeping right from front to back (6:00)**

**Arms Take right arm to right side sliding left hand down right arm**

**4 Step right behind left**

**5&6 Rock left to left, recover weight on to right, cross left over right**

**7-8 Step right to right, turn  $\frac{1}{4}$  left step left to left (3:00)**

**SEC 2  $\frac{1}{4}$  Side, Behind, Side, Heel, Hold, Together, Cross, Side, Arms**

**1 Turn  $\frac{1}{4}$  left step right to right (12:00)**

**2&3 Step left behind right, step right to right, touch left heel forward to left diagonal**

**4&5-6 Hold, step left beside right, cross right over left, step left to left**

**7-8 Lift both hands up crossing in front of body, take both arms up to sides**

**SEC 3 Hitch & Hitch,  $\frac{1}{8}$  Shuffle, Back Sweep, Back, Side Rock,  $\frac{1}{4}$ , Back**

**1&2 Hitch right, step right beside left, hitch left**

**3&4 Turn  $\frac{1}{8}$  left step left forward, step right beside left, step left forward (10:30)**

**5-6 Step right back sweeping left from front to back, step left back**

**7&8 Rock right to right, turn  $\frac{1}{4}$  right recover weight on to left, step right back (1:30)**

**SEC 4 Back, Back, Coaster Step, Step,  $\frac{1}{4}$  Pivot, Step,  $\frac{3}{8}$  Pivot**

**1-2 Step left back, step right back**

**3&4 Step left back, step right beside left, step left forward**

**5-6 Step right forward, pivot  $\frac{1}{4}$  left transferring weight onto left (10:30)**

**Arms Circle arms anticlockwise at waist level**

**7-8 Step right forward, pivot  $\frac{3}{8}$  left transferring weight onto left (6:00)**

**Arms Circle arms anticlockwise at waist level**