

# LIFE GOES ON (CAN'T GO BACK)

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**Count:** 64

**Wall:** 4

**Level:** intermediate/advanced

**Choreographer:** Michael O'Shea

**Music:** Life Goes On by LeAnn Rimes

## STOMP, STOMP, POINT, ROCK & TURN, SHUFFLE LEFT, & BEHIND & CROSS

- 1&2** Stomp right foot beside left twice, point right foot out to right side
- 3&4** Rock forward on the right, replace weight onto left, turn  $\frac{1}{2}$  turn right stepping onto right foot
- 5&6** Shuffle forward left, right, left
- &7&8** Turning  $\frac{1}{4}$  turn left step right to right, cross left behind right, step right to right, cross left over right

## $\frac{1}{4}$ TURN, CROSS & $\frac{1}{4}$ TURN, SHUFFLE LEFT, $\frac{1}{2}$ TURN HEEL JACK

- 9-10** Step forward right, turn  $\frac{1}{4}$  turn left
- 11&12** Cross right over left, step left to left side, turning  $\frac{1}{4}$  turn right step forward right
- 13&14** Shuffle forward left, right, left
- &15&16** Stepping forward right turn  $\frac{1}{2}$  turn left, touch left heel forward, close left to right, step forward right

## ROCK & CROSS TWICE, $\frac{1}{4}$ TURN SHUFFLE, RIGHT COASTER STEP, CROSS

- 17&18** Rock left to left side, replace weight to right, cross left over right
- 19&20** Rock right to right side, replace weight to left, cross right over left
- 21&22** Turning  $\frac{1}{4}$  turn right side shuffle left, right, left
- &23&24** Step back right, close left to right, step forward right, cross left over right

## SIDE SHUFFLE RIGHT, $\frac{1}{2}$ TURN SIDE SHUFFLE LEFT, RIGHT SAILOR STEP, & STEP, LEFT SAILOR STEP & STEP, TURN

- 25&26** Step right to right, close left to right, step right to right
- 27&28** Turning  $\frac{1}{2}$  turn right step left to left, close right to left, step left to left
- 29&30** Rock right behind left, step left to left, step right to right (right sailor step)
- &31** Close left to right, step right to right side
- &32&** Rock left behind right, step right to right, step left to left (left sailor step)

## **STEP, ½ TURN, FLICK, SHUFFLE FORWARD LEFT, FULL TURN LEFT, SHUFFLE FORWARD RIGHT**

- 33-34** Step forward right, turn ½ turn left flicking left foot behind & up
- 35&36** Shuffle forward left, right, left
- 37-38** Step forward right ½ turn left, step forward left ½ turn left (full turn)
- 39&40** Shuffle forward right, left, right

## **STEP, KICK, ¼ TURN, ½ TURN, BEHIND, SIDE, CROSS, CROSS, SIDE, BEHIND**

- 41-42** Step forward left, kick right foot forward

### **With attitude**

- 43-44** Step back on right turning ¼ turn right, turning ½ turn right step left to left side
- 45&46** Step right behind left, step left to left side, cross right over left
- 47&48(Swinging left around & in front) cross left over right, step right to right, cross left behind right**

## **& CROSS, BACK, ½ TURN SHUFFLE, JAZZ BOX ¼ TURN**

- &49-50** Step right to right side, cross left over right, step back on right
- 51&52** Turning ½ turn left shuffle forward left, right, left
- 53-54** Cross right over left, step back on left
- 55-56** Step right ¼ turn right, touch left to right (no weight)

## **KICK BALL CHANGE, STEP, SCUFF ¼ TURN, STEP, SIDE, SAILOR STEP, BEHIND, UNWIND ½ TURN**

- 57&58** Left kick ball change
- &59-60** Step onto left, scuff right foot forward turning ¼ turn left, step right foot back
- 61** Step left to left side
- 62&63** Rock right behind left, step left to left, step right to right (right sailor step)
- &64** Touch left toe behind right, unwind ½ turn left

## **REPEAT**