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D&G Country Western  
Dance Instructor (Qualified)  
N.T.A. Level 2  
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Jeff & Thelma Mills

## Tonight

**Partner Dance:** Right Open Promenade Position. Holding Inside Hands – 32 Count  
Gents Footwork Listed - Ladies Opposite

### Suggested Music

**This Is The Life** - 95 BPM – Intro 16 Counts – **Amy McDonald** (CD – This Is The Life)  
**I'm Here To Love You** - 93 BPM – Intro 16 Counts – **Kieran Kane** (CD – Find My Way Home)  
Choreographers: Jeff & Thelma Mills.

### Rock Step's x 3. Step Forward. Cross - ¼ Turn - Side. In Front - Side - Behind.

- 1 & 2 & Step and rock forward onto left. Recover onto right. Step and rock left to left side. Recover onto right.  
3 & 4 Step and rock back onto left. Recover onto right. Step forward left.  
5 & 6 Step & cross right over left. Step back on left ¼ turn right to face OLOD. Step right to right side  
**Lady:** Step & cross left over right. Step back on right ¼ turn left to face ILOD. Step left to left side  
7 & 8 Step and cross left in front of right. Step right to right side. Step and cross left behind right.  
**Lady:** Step and cross right over left. Step left to left side. Step and cross right behind left.  
**Note:** On count 6: Go into double open hand hold.

### Both: Side Rock. Behind - Side - Cross. Gent: Forward. ¼ Turn Left. Left Shuffle.

#### Lady: ¼ Turn. ½ Pivot Turn. ½ Triple Turn Right.

- 1 - 2 Step and rock right to right side. Recover onto left.  
3 & 4 Step right behind left. Step left to left side. Step and cross right over left.  
5 - 6 Step forward left to start changing sides. Step forward right making ¼ turn left to face LOD.  
**Lady:** Step forward right to start change sides making ¼ turn right to face LOD.  
Pivot ½ turn right stepping back on left to finish changing sides and face RLOD.  
7 & 8 Step forward left. Step right next to left. Step forward left.  
**Lady:** Step right ¼ turn right. Step left next to right. Step right ¼ turn right to face LOD.  
**Note:** On count 5: Raise gent's left, lady's right hand and release gent's right lady's left hand.  
During counts 5- 6: You will be changing sides, lady passing in front of gent.

### Gent: Rock Steps. Step ½ Pivot Turn - Step Forward. Rock - Recover - Pivot ½ Turn Stepping Forward.

#### Lady: Step ½ Pivot Turn - Step Forward. Rock - Recover - Pivot ½ Turn Stepping Forward. Rock Steps.

- 1 & 2 Step and rock forward onto right. Recover onto left. Step back onto right.  
**Lady:** Step forward left, pivot ½ turn right to face RLOD, step forward left.  
3 & 4 Step and rock back onto left. Recover onto right. Step forward left.  
**Lady:** Step and rock forward right, recover back onto left, pivot ½ turn right stepping forward onto right.  
5 & 6 Step forward right, pivot ½ left face RLOD. Step forward right.  
**Lady:** Step and rock forward onto left. Recover onto right. Step back onto left.  
7 & 8 Step and rock forward left, recover back onto right, pivot ½ turn left stepping forward onto left.  
**Lady:** Step and rock back onto right. Recover onto left. Step forward right.  
**Note:** During counts 1 - 8: Lady to turn under raised arms and then gent to turn under raised arms.

### Shuffle. Chasse. ¼ Turn. Step Side. Behind - ¼ Turn - Step Forward.

- 1 & 2 Step forward right. Step left next to right. Step forward right.  
3 & 4 Step left to left side. Step right next to left. Step left to left side.  
5 - 6 Step forward right ¼ turn right to face OLOD. Step left to left side.  
**Lady:** Step forward left ¼ turn left to face ILOD. Step right to right side.  
7 & 8 Step right behind left. Step forward left ¼ left to face LOD. Step forward right.  
**Lady:** Step left behind right. Step right ¼ turn right to face LOD. Step forward left.  
**Note:** During counts 3 & 4: Change sides with gent passing behind lady, rejoining inside hands.

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