

RHYTHM OF LIFE

Choreographed by: CHRIS HODGSON (UK) April 2002 01704-879516
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Suggested Music: RITMO DE LA VIDA.....LIZ ABELLA (126 bpm)
cd- Heat It Up (The Art of Dance) or any latin style music

Country Alt: I HOPE YOU DANCE.....LEE ANN WOMACK (Rawlings Mix)
(cd – Simply The Best Linedancing Album)

48 COUNT / INT / 4 WALL LINE DANCE 48 count intro (Start on vocals)

1.8 CROSS ROCK / TRIPLE 3/4 TURN / SHUFFLE FWD / ROCK STEP

- 1.2 Cross step Right over Left, Rock weight back onto Left
- 3&4 Triple step on Right-Left-Right making 3/4 turn to Right
- 5&6 Step forward on Left, Step Right behind Left heel, Step forward on Left
- 7.8 Step forward on Right, Rock weight back onto Left

9.16 SLIDE BACK x2 / LOCK STEP BACK / BACK ROCK / STEP-1/4 TURN

- 1.2 Slide Right foot back, Slide Left foot back
- 3&4 Step back on Right, Lock Left over Right, Step back on Right
- 5-6 Step back on Left, Rock weight forward onto Right
- 7.8 Step forward on Left, Pivot 1/4 turn Right

17.24 CROSS-SIDE / CROSS-SWEEP / CROSS-1/4 TURN / BACK-SLIDE

- 1-2 Cross step Left over in front of Right, Step Right to Right side (*use your hips!!*)
- 3-4 Cross step Left over in front of Right, Sweep Right around from back to front (*across Left*)
- 5-6 Step down on Right (*crossed over Left*), Making 1/4 turn Right Step back on Left
- 7.8 Step back on Right, Slide Left toe next to Right

25-32 FORWARD-SLIDE / MODIFIED MONTERAY TURN / HIP SWAYS

- 1.2 Step forward on Left, Slide Right toe next to Left
- 3-4 Touch Right toe to Right side, Spin 1/2 turn Right stepping Right next to Left
- 5&6 Step Left to Left side, Rock weight onto Right, Cross step Left over in front of Right
- 7.8 Step Right to Right side swaying hips Right, Sway hips to Left

33-40 HIP SWAY-TOUCH / CHASSE 1/4 TURN / 1/4 TURN-TOUCH / 1/4 TURN SHUFFLE

- 1.2 Sway hips to Right, Touch Left toe next to Right
- 3&4 Step Left to Left side, Step Right next to Left, Step Left 1/4 turn Left
- 5-6 Step forward on Right making 1/4 turn Left, Touch Left toes behind Right heel (*bending knees*)
- 7&8 Step forward on Left making 1/4 turn Left, Step Right behind Left heel, Step forward on Left

41.48 SIDE ROCK / CROSS SHUFFLE / 1/4 TURN-1/2 TURN / SHUFFLE FWD

- 1-2 Step Right to Right side, Rock weight onto Left
- 3&4 Cross step Right over Left, Step Left to Left side, Cross step Right over Left
- 5-6 Step Left to Left side making 1/4 turn Right, 1/2 turn Right on ball of Left stepping forward on Right
- 7&8 Step forward on Left, Step Right behind Left heel, Step forward on Left

BEGIN AGAIN.....DANCE IS NOT PHRASED TO MUSIC.....JUST ENJOY!!!!