



Way Of Life



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Description : Part A : 32 counts – Part B : 32 counts– 2 walls - 2 Tags

Level : Intermédiate, phrased (BPM : 103) – 4 may 2024

Music : Here's To Hometown – Nate Smith (3,41)

Intro : 32 temps

SEQUENCE :

A – Tag 1 – B - B – Tag 1 – A – B - B – Tag 2 – B - B – Tag 1 – A - Final

PART A (32 counts)

1-8 SIDE ROCK R, & SIDE ROCK L with STOMP R, CROSS L, R POINT BEHIND L, STEP BACK R, HEEL FWD L, STEP FWD L, SCUFF R

- 1-2& Step RF to R side, recover weight on LF, step RF beside LF,
- 3-4 Step LF to L side, recover weight on RF with stomp,
- 5-6 Cross LF over RF, touch R Toe behind LF,
- &7&8 Step RF back, touch L heel forward, step LF forward, scuff R heel beside LF.

9-16 STEP FWD R, ½ TURN L, CROSS (R & L), SWITCHES POINT SIDE (R & L), ROCK FWD R

- 1-2 Step RF forward, pivot ½ turn L (recover weight on LF), **(6h00)**
- 3-4 Cross RF over LF, cross LF over RF,
- 5&6& Touch R toe to R side, step RF beside LF, touch L toe to L side, step LF beside RF,
- 7-8 Step RF forward, recover weight on LF.

17-24 ROCK BACK R, STEP FWD R, ½ TURN L, MAMBO R, COASTER STEP L

- 1-2 Step RF back, recover weight on LF,
- 3-4 Step RF forward, pivot ½ turn L (recover weight on LF), **(12h00)**
- 5&6 Step RF forward, recover weight on LF, step RF beside LF,
- 7&8 Step LF back, step RF beside LF, step LF forward.

25-32 CROSS R, STEP SIDE L, ¼ SAILOR STEP R, ¼ SIDE ROCK CROSS L, STOMP R, HEEL FAN R & FLICK R

- 1-2 Cross RF over LF, step LF to L side,
- 3&4 ¼ turn R & cross RF behind LF, step LF to L side, step RF to R side, **(3h00)**
- 5&6 ¼ turn R & step LF to L side, recover weight on RF, cross LF over RF, **(6h00)**
- 7&8& Stomp RF forward, pivot R heel to R side, pivot R heel to center, flick RF.

PART B (32 counts)

1-8 DIAG STEP LOCK STEP (R & L), VAUDEVILLE L ending ¼ R, ¼ SIDE ROCK CROSS

- 1&2 (diagonal R) Step RF forward, cross LF behind RF, step RF forward,
- 3&4 (diagonal L) Step LF forward, cross RF behind LF, step LF forward,
- 5&6& Cross RF over LF, ¼ turn R & step LF back, touch R heel forward, step RF beside LF, **(3h00)**
- 7&8 ¼ turn R & step LF to L side, recover weight on RF, cross LF over RF. **(6h00)**

9-16 DIAG STEP LOCK STEP (R & L), VAUDEVILLE L ending ¼ R, ¼ SIDE ROCK CROSS

- 1&2 (diagonal R) Step RF forward, cross LF behind RF, step RF forward,
3&4 (diagonal L) Step LF forward, cross RF behind LF, step LF forward,
5&6& Cross RF over LF, ¼ turn R & step LF back, touch R heel forward, step RF beside LF, **(9h00)**
7&8 ¼ turn R & step LF to L side, recover weight on RF, cross LF over RF. **(12h00)**

17-24 SCISSOR CROSS R, STEP SIDE L, TOUCH R, KICK BALL CROSS R, SIDE ROCK R

- 1&2 Step RF to R side, step LF beside RF, cross RF over LF,
3-4 Step LF to L side, touch R toe beside LF,
5&6 Kick RF forward, step RF beside LF, cross LF over RF,
7-8 Step RF to R side, recover weight on LF.

25-32 SAILOR STEP ¼, ROCK STEP L, ½ TRIPLE FWD, ¼ SIDE ROCK R, FLICK R

- 1&2 ¼ turn R & cross RF behind LF, step LF to L side, step RF to R side, **(3h00)**
3-4 Step LF forward, recover weight on RF,
5&6 ½ turn L & step LF forward, step RF beside LF, step LF forward, **(9h00)**
7&8 ¼ turn L & step RF to R side, recover weight on LF, flick RF. **(6h00)**

TAG 1 (8 counts)

1-8 TRIPLE SIDE R & HOOK L, ¼ TRIPLE SIDE L & HOOK R, TRIPLE SIDE R & HOOK L, ½ LARGE STEP L BACK, HOOK R

- 1&2& Step RF to R side, step LF beside RF, step RF to R side, hook LF behind RF,
3&4& ¼ turn R & step LF to L side, step RF beside LF, step LF to L side, hook RF behind LF, **(3h00)**
5&6& ¼ turn R & step RF to R side, step LF beside RF, step RF to R side, hook LF behind RF, **(6h00)**
7-8 ½ turn R & large step LF back, hook RF over LF, **(12h00)**

TAG 2 (20 counts)

1-8 TRIPLE SIDE R, ROCK BACK L, TRIPLE SIDE L, ½ STEP SIDE R, STOMP L

- 1&2 Step RF to R side, step LF beside RF, step RF to R side,
3-4 Step LF back, recover weight on RF,
5&6 Step LF to L side, step RF beside LF, step LF to L side,
7-8 ½ turn R & step RF to R side, stomp LF beside RF. **(6h00)**

9-16 TRIPLE SIDE R, ROCK BACK L, TRIPLE SIDE L, ½ STEP SIDE R, STOMP L

- 1&2 Step RF to R side, step LF beside RF, step RF to R side,
3-4 Step LF back, recover weight on RF,
5&6 Step LF to L side, step RF beside LF, step LF to L side,
7-8 ½ turn R & step RF to R side, stomp LF beside RF. **(12h00)**

17-20 JAZZ BOX ½

- 1-2 Cross RF over LF, ¼ turn R & step LF back, **(3h00)**
3-4 ¼ turn R & step RF forward, step LF forward. **(6h00)**

FINAL

Stomp RF forward

Legend : RF = right foot - LF = left foot - R = right - L = left

😊 START DANCING AT THE START AND KEEP SMILING !! 😊