

A Beautiful Life

Choreographers: Jose Miguel Belloque Vane (NL) & Sebastien Bonnier (FR) (Jun 2023)
Description: 48 Counts, 2 Walls, Phrased Advanced Level Dance
Music: A Beautiful Life by Christopher
Intro: 32 Counts, Start at approx 22 secs
Sequence: A, B, A, Tag, A, B, A (8 Counts), A, B, A, A

Part A

SEC 1 Syncopated Cross Rock, ½ Step, Step, Full Spiral Turn, Run x3 Hitch, Run, Run

1-2& Cross rock right over left, recover weight onto left, step right to right
3-4& Cross rock left over right, recover weight onto right, turn ½ left step left forward (6:00)
5 Step right forward, spiral full turn left hooking left over right (6:00)
6&7 Step left forward, step right forward, step left forward hitching right knee
8& Step right forward, step left forward

SEC 2 Step, ¼ Sway, Sway, 1/2 Run Around Sweep, Cross, 1¼ Unwind, Compress

1-2-3 Step right forward, turn ¼ left swaying body left, sway body right (3:00)
4& Turn ¼ left step left forward, step right forward (12:00)
5 Turn ¼ left step left forward sweeping right from back to front (9:00)
6-7 Cross right over left, unwind 1 1/4 left transferring weight on to left (6:00)
8 Bend both knees collapsing body

SEC 3 Back Rock, ½ Back, Back Rock, ½ Back, ¼ Side, Weave, Side, Cross

1-2& Rock right back, recover weight onto left, turn ½ left step right back (12:00)
3-4 Rock left back, recover weight onto right
&5 Turn ½ right step left back, turn ¼ right step right to right (9:00)
6&7 Cross left over right, step right to right, step left behind right
8& Step right to right, cross left over right

SEC 4 Side, Touch Behind, ¾ Unwind, Hold, Side, Side, Arm Movements

1 Step right to right
2&3 Touch left behind right, unwind 3/4 left transferring weight on to left letting head trail, look to front (12:00)
4&5 Hold, step right to right, step left to left
Note Counts 6-8 changes on Each Part A
1st Touch left wrist with right hand
2nd Right hand at head height close fingers from little finger to thumb
3rd Burst arms open taking from over head down to sides
4th Point right hand to sky
5th Right hand at head height close fingers from little finger to thumb
6th Place hands over eyes and draw to sides,

Part B

SEC 1 ⅓ Back, Sweep x4, ¼ Lunge, Prep, 1¼ Rolling Turn

1 Turn ⅓ left step right back sweeping left from front to back (10:30)
2 Step left back sweeping right from front to back
3 Step right back sweeping left from front to back

- 4 Step left back sweeping right from front to back
- 5-6 Turn $\frac{1}{4}$ right lunge right to right, prep body right (1:30)
- 7-8& Turn $\frac{1}{4}$ left step left forward, turn $\frac{1}{2}$ left step right back, turn $\frac{1}{2}$ left step left forward (10:30)

SEC 2 Step, Sweep x4, Rock, Recover, Back $\frac{1}{8}$ Step

- 1 Step right forward sweeping left from back to front
- 2 Step left forward sweeping right from back to front
- 3 Step right forward sweeping left from back to front
- 4 Step left forward sweeping right from back to front
- 5-6 Rock right forward over 2 counts
- Arms Reach both arms forward,
- 7-8& Recover weight onto left, step right back, turn $\frac{1}{8}$ left step left forward (6:00)

Tag

Sway x4

- 1-2 Step right to right swaying body right, sway body left
- 3-4 Sway body right, sway body left