



Dance: **This Is Our Life**
 Type: 32 Count, 4 Wall, Improver
 Choreographer: Micaela Svensson Erlandsson (SWE), March 2022
 Choreographed to: This Is Our Life by Bosson (125 bpm, 4:26 min)

Intro: Start after count 36, from the heavy beat

Section 1	Walk x 2, Step Lock Step, Step Pivot 1/2, Back Rock	
1,2	Walk forward stepping right, left	Walk, walk
3&4	Step right forward. Lock left behind right. Step right forward	Step, lock, step
5,6	Step left forward. Pivot 1/2 right and bend (pop) knees (6:00)	Step, pivot
	<i>Non-turning steps 1-6: Walk Back x 2, Back Lock Step, Back, Knee Pop</i>	
1,2	Walk back stepping right, left	Back, back
3&4	Step right back. Lock left over right. Step right back	Back, lock, back
5,6	Step left back. Bend (pop) knees	Back, pop
7,8	Rock back on right. Recover on left	Back rock
Section 2	Cross Point x 2, Sailor Step, 1/2 Toe Turn	
1,2	Cross right over left. Point left to left side	Cross, point
3,4	Cross left over right. Point right to right side	Cross, point
5&6	Cross right behind left. Step left to left side. Step right to right side	Sailor step
7,8	Touch left toe back. Turn 1/2 left (12:00)	Toe, turn
	<i>Non-turning steps 7-8: Toe Strut</i>	
7,8	Step left toe back. Lower left heel	Back strut
Section 3	Step Pivot 1/2, Kick-Ball Step, Step, Step Pivot 1/4, Cross	
1,2	Step right forward. Pivot 1/2 turn left (6:00)	Step, pivot
	<i>Non-turning steps 1-2: Back Rock</i>	
1,2	Rock back on right. Recover on left	Back rock
3&4*	Kick right forward. Step ball of right beside left. Step left forward	Kick-ball step
5,6	Step right forward	Step
7,8	Step left forward. Pivot 1/4 turn right (9:00). Cross left over right	Step, pivot, cross
Section 4	Hinge 1/2 Turn, Step Lock Step, Full Turn, 1/2 Turn, Hold	
1,2	Turn 1/4 left stepping right back (6:00). Turn 1/4 left stepping left to left side (3:00)	Turn, turn
3&4	Step right forward. Lock left behind right. Step right forward	Step, lock, step
5,6	Turn 1/2 right stepping left back. Turn 1/2 right stepping right forward	Full turn
	<i>Non-turning steps 5-6: Walk x 2</i>	
5,6	Walk forward stepping left, right	Walk, walk
7,8	Step left forward making 1/2 turn right (9:00). Hold	Turn, hold
	<i>Non-turning steps 7-8: Step, Hold</i>	
7,8	Step left forward. Hold	Step, hold
Restart	* Wall 10 (9:00) after 20 Counts (restart facing 3:00)	

Choreographers note: The music slows down or changes rhythm during Wall 9 (12:00). It may feel like you are out of rhythm for a short while. Keep dancing at the same speed and you'll be back in rhythm during Wall 10.