

IT'S A BEAUTIFUL LIFE

MUSIC: Ace Of Base Warner Bros Record
CHOREO: Jean Watford Rhythm Cloggers Auckland New Zealand
LEVEL: Easy Intermediate
SEQUENCE: INTRO A B C A* B D E BRK C A B E D* END
INTRO: Wait 16 Counts (slow music) Left Foot Lead

May 2004

COUNTS CUE

INTRO

16 2 Sync Triple

PART A

4 Stomp Double
 4 Travelling Triple
 4 Slur Basic
 4 Triple 1/2 R
16 Repeat to front

PART B

8 Samantha
 4 Half Cole Step
 4 Drag Turkey 1/2 R
16 Repeat to front

PART C

8 Double Loop L
 8 Gwen Step R & L
16 Repeat opp footwork

PART A*

4 Stomp Double
 4 Travelling Triple
 4 Slur Basic
 4 Triple full turn R

PART B

8 Samantha
 4 Half Cole Step
 4 Drag Turkey 1/2 R
16 Repeat to front

PART D

8 Red Rooster Sync
 4 Triple 1/2 R
 4 2 Rock Heel Pull
16 Repeat to front

PART E

4 Richard Simmons
 4 Travelling Pivot 1/2 L
 4 Mountain Goat
 4 Vine Rock Slur
 8 2 Fontanes
 8 MJ Slide 1/2 L

COUNTS CUE

BREAK

8 Step Up & Back
 8 Snake Back Track
16 Repeat

PART C

8 Double Loop L
 8 Gwen Step R & L
16 Repeat opp footwork

PART A

4 Stomp Double
 4 Travelling Triple
 4 Slur Basic
 4 Triple 1/2 R
16 Repeat to front

PART B

8 Samantha
 4 Half Cole Step
 4 Drag Turkey 1/2 R
16 Repeat to front

PART E

4 Richard Simmons
 4 Travelling Pivot 1/2 L
 4 Mountain Goat
 4 Vine Rock Slur
 8 2 Fontanes
 8 MJ Slide 1/2 L

PART D*

8 Red Rooster Sync
 4 Triple 3/4 R
 4 2 Rock Heel Pull
48 Repeat 3 more times

END

1 Rock Heel Touch



APPROVED
 5 JUL 2004

Step descriptions for: **IT'S A BEAUTIFUL LIFE**

SYNC TRIPLE

(P) (xif) (xif)
 S RS S RS S DS DS DS RS
 L RL R LR L R L R LR
 & 1 &2 & 3& 4 &a5 &a6 &a7 &8

STOMP DOUBLE

(P) STO DS DS RS
 L R L RL
 & 1 &a2 &a3 &4

TRAVELLING TRIPLE

(ots) (xif) (ots)
 DS DS DS RS
 R L R LR
 &a1 &a2 &a3 &4

SLUR BASIC

(ots) (xib)
 DS SLR-S DS RS
 L R L RL
 &a1 & 2 &a3 &4

TRIPLE

DS DS DS RS
 R L R LR
 &a1 &a2 &a3 &4

SAMANTHA

(xif) (bk) (bk)
 DS DS DR S DR S RS DS DS RS
 L R R L L R LR L R LR
 &a1 &a2 & 3 & 4 &5 &a6 &a7 &8

HALF COLE STEP

DS SL RS SL RS
 L L RL L RL
 &a1 & 2& 3 &4

DRAG TURKEY

(xib) (xib)
 DR H-FL S [DS RS](1/2 R)
 L R L R LR
 & 1 & 2 &a3 &4

DOUBLE LOOP

(xib) (xib)
 DS LSW-S DS LSW-S DS DS BA-SL RS
 L R L R L R L RL
 &a1 & 2 &a3 & 4 &a5 &a6 & 7 &8

GWEN STEP

(xif) (xib) (xif) (bk)
 DS DS RK S DR S
 R L R L L R
 &a1 &a2 & 3 & 4

RED ROOSTER SYNC

(ots) (xif) (ots) (xib) (ots) (xif)
 DS DS BA BA BA S DS DS S DS S
 L R L R L R L R L R L R L R L
 &a1 &a2 7 3 & 4 &a5 &a6 & 7&a 8

ROCK HEEL PULL

(wgt)
 RK H PULL-S
 L R L
 & 1 & 2

RICHARD SIMMONS

(H's L) (T's L) (H's L)
 (P) TW/TW TW/TW TW/TW TW/UP
 L/R L/R L/R L/R
 & 1 2 3 4

TRAVELLING PIVOT

(ots) (xif) (ots) (1/2 L)
 DS DS DS PVT S
 R L R L
 &a1 &a2 &a3 & 4

MOUNTAIN GOAT

(xif) (ots) (xib) (xif) (xib)
 DS BA BA BA BA S-SL
 R L R L R L
 &a1 & 2 & 3 &4

VINE ROCK SLUR

(xib) (wgt) (xib)
 DS DS RK H SLR-S
 R L R L R L
 &a1 &a2 & 3 &4

FONTANE

(xif) (x)
 DT H DT H DS RS
 L R L R L RL
 &a 1 &a 2 &a3 &4

MJ SLIDE

(xib) (ots) (1/4 L) (1/4 L)
 DS DS RK S PVT S DT H DT H RK S BA-SL
 L R L R L R L R L R L R L R
 &a1 &a2 & 3 & 4 &a 5 &a 6 & 7 & 8

STEP UP AND BACK

(fwd) (bs) (bk) (bs)
 (P) S S DS RS S S DS RS
 L R L RL R L R LR
 & 1 2 &a3 &4 5 6 &a7 &8

SNAKE BACK TRACK

(wgt xif) (xib) (ots) (wgt xif) (xib) (ots) (ots) (wgt xif) (ots) (xib)
 DS H S RK S H S RK S DS H S RK S
 L R L R L R L R L R L R L R
 &a1 & 2 & 3 & 4 & 5 &a6 & 7 & 8

ROCK HEEL TOUCH

(f)
 RK TCHH
 L R
 & 1