

# THIS IS AMY

Choreographed by: Quim Aymerich (May 09)

Music: **This Is The Life** by **Amy McDonald**

Descriptions: 32 count - 4 wall – Easy Intermediate level line dance

[Dance start with lyrics.](#)

Step sheet by Muntsa Sidera

## **Side-Together-Side, Behind-Side-Cross, 3 Side Touches - ¼ Turn Sailor Step**

- 1&2 Touch right toe to right side, right beside left, touch right toe to right side.  
3&4 Step right behind left, step left to left side, cross right in front of left.  
5&6 Touch left next to right, tap left toe a little to the left, tap left toe a little bit more to left side.  
7&8 Step left behind right, doing a ¼ turn left step right to right side, step left forward.

## **Shuffle Forward, Step-¼ Turn Right-Cross, ¼ R into ½ L, Step-½ Turn Right-Step**

- 9&10 Step right forward, left beside right, step right forward.  
11&12 Step left forward, pivot ¼ turn right, step/cross left in front of right.  
13&14 Doing a ¼ turn right step right forward, pivot ½ turn left (weight on left foot), step right forward.  
15&16 Step left forward, ½ turn right, step left forward.

## **Extended vine with ¼ R, Step, ½ Turn Right, Step - ¼ Turn Left, ½ Turn Left.**

- 17&18 Step right to right side, left behind right, step right to right side.  
19&20 Cross left over right, step right to right side, left behind right, doing a ¼ turn right step forward.  
21&22 Step left forward, ½ turn right, step left forward.  
23-24 Turn ¼ L stepping right to right side, turn ½ left over right foot stepping left to left side.

## **Right Mambo Forward, Left Mambo Back, Jazz Box**

- 25&26 Step right forward, recover weight onto left, right beside left.  
27&28 Step left back, recover weight to right foot, step left beside right.  
29-30 Cross right over left, step left back.  
31-32 Step right to right side, left beside right.

## **Start Again**

**BRIDGE:** On the 8th wall we dance til count 16 (facing 12:00): Do a jazzbox:

- 1-2 Cross right over left, step left back.  
3-4 Step right to right side, left beside right.

**Restart dance from count 1. As it is the last wall, we dance till count 16 and end with a touch with right toe beside left.**