



# DIXIE LINERS



Tel: 01375 386679 Mobile 07803081902

Dave & Ann Good - Approved Instructors - By - B.W.D.A

Members - Of - C.W.D.C. (UK)

E-mail address [dixieliners.1@btinternet.com](mailto:dixieliners.1@btinternet.com)

Web address [www.dixieliners.1.btinternet.co.uk](http://www.dixieliners.1.btinternet.co.uk)

## RHYTHM OF LIFE

### 48 COUNT

### 4 WALL LINE DANCE

#### BEATS

#### DANCE STEPS

#### SEC 1

CROSS ROCK / TRIPLE 3/4 TURN / SHUFFLE FWD / ROCK STEP

1-2

Cross step Right over Left, Rock weight back onto Left

3&4

Triple step on Right-Left-Right making 3/4 turn to Right

5&6

Step forward on Left, Step Right behind Left heel, Step forward on Left

7-8

Step forward on Right, Rock weight back onto Left.

#### SEC 2

SLIDE BACK x2 / LOCK STEP BACK / BACK ROCK / STEP-1/4 TURN

1-2

Slide Right foot back, Slide Left foot back

3&4

Step back on Right, Lock Left over Right, Step back on Right

5-6

Step back on Left, Rock weight forward onto Right

7-8

Step forward on Left, Pivot 1/4 turn Right.

#### SEC 3

CROSS-SIDE / CROSS-SWEEP / CROSS-1/4 TURN / BACK-SLIDE

1-2

Cross step Left over in front of Right, Step Right to Right side (use your hips!!)

3-4

Cross step Left over in front of Right, Sweep Right around from back to front (across Left)

5-6

Step down on Right (crossed over Left), Making 1/4 turn Right Step back on Left

7-8

Step back on Right, Slide Left toe next to Right.

#### SEC 4

FORWARD-SLIDE / MODIFIED MONTERAY TURN / HIP SWAYS

1-2

Step forward on Left, Slide Right toe next to Left

3-4

Touch Right toe to Right side, Spin 1/2 turn Right stepping Right next to Left

5&6

Step Left to Left side, Rock weight onto Right, Cross step Left over in front of Right

7-8

Step Right to Right side swaying hips Right, Sway hips to Left.

#### SEC 5

HIP SWAY-TOUCH / CHASSE 1/4 TURN / 1/4 TURN-TOUCH / 1/4 TURN SHUFFLE

1-2

Sway hips to Right, Touch Left toe next to Right

3&4

Step Left to Left side, Step Right next to Left, Step Left 1/4 turn Left

5-6

Step forward on Right making 1/4 turn Left, Touch Left toes behind Right heel (bending knees)

7&8

Step forward on Left making 1/4 turn Left, Step Right behind Left heel, Step forward on Left.

#### SEC 6

SIDE ROCK / CROSS SHUFFLE / 1/4 TURN-1/2 TURN / SHUFFLE FWD

1-2

Step Right to Right side, Rock weight onto Left

3&4

Cross step Right over Left, Step Left to Left side, Cross step Right over Left

5-6

Step Left to Left side making 1/4 turn Right, 1/2 turn Right on ball of Left stepping forward on Right

7&8

Step forward on Left, Step Right behind Left heel, Step forward on Left.

Choreographed by: CHRIS HODGSON (UK) April 2002 01704-879516

Suggested Music: RITMO DE LA VIDA..LIZ ABELLA (126 bpm)

cd- Heat It Up (The Art of Dance) or any Latin style music