

# "LIFE'S A DANCE"

**ALBUM:** "Life's A Dance" by John Michael Montgomery  
Atlantic 7 82420-4

**Easy and Slow  
Country**

**CHOREO:** Kelli McChesney

**TIME: 3:09**

**INTRO:** Wait (8) beats / Start with LEFT foot

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**PART A: (33 BEATS)**

- (2) **"TRIPLES"** --- DS DS DS RS  
L R L RL
- (2) **"SLUR BRUSH"** --- DS SLUR(IB) DS BR(UP)  
L R L R
- (8) **"BASICS"** --- DS RS DS RS (turn 360° left)  
L RL R LR
- (1) **"DOUBLE UP"** --- DBL(UP)  
L

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**CHORUS: (16 BEATS)**

- (2) **"PUSH OFFS"** --- DS RS RS RS  
L RL RL RL
- (2) **"CHARLESTON"** --- DS TCH(IF) Toe-Heel RS  
L R R R LR

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**PART B: (8 BEATS)**

- (4) **"BASICS"** --- (turn 360° left)

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**BREAK: (8 BEATS)**

- (4) **"KICKS"** --- DS BR(UP) DS BR(UP)  
L R R L

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**PART C: (32 BEATS)**

- (1) **"ROCKING CHAIR"** --- DS BR(UP) DS RS (turn ¼ left)  
L R R LR
- (1) **"FANCY DOUBLE"** --- DS DS RS RS  
L R LR LR
- (3) **REPEAT ABOVE (8) BEATS THREE MORE TIME TO FACE ALL FOUR WALLS**

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**SEQUENCE:** Wait 8, A, CHORUS, B, A, CHORUS, B, BREAK, CHORUS,  
CHORUS, B, C.  
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