



BroncoBeat

Life Is A Long Way To Run

2 Walls, 24 Counts

Beginner/Intermediate Line Dance

Choreographed by Anita Wittenberg (Jan 09)

Choreographed to "Life Is A Long Way To Run" by Dancelife [85 bpm]

Intro : 12 Counts

Note : This choreography has been selected for the Novice Category Dance Competition
in WCDF 2009.

§1 ¼ R Step, ¼ R Step, ¼ R Step Back, Step Back, ¼ R Step, Drag

12&3 ¼ R step R fwd, ¼ R step L to L, ¼ R step R back, step L back [9:00]

456 ¼ R step R to R, drag L to R over 2 counts [12:00]

§2 Knee Swivel, Kick, Step, Slide, Drag

1 Swivel L knee in front R

2 Kick L diagonally L

3 Step L next to R

4 Slide R to R

56 Drag R towards L to beside L

§3 Cross, Step, ¼ R Cross, Step Back, ½ R Step, ¾ R Ronde

1 Step R diagonally fwd L

2&3 Step L to L, ¼ R cross R in front of L, step L back [3:00]

4 ½ R step R fwd [9:00]

56 ¾ R sweeping L [6:00]

§4 Step, ¼ L Step, ½ L, Step Back, ½ R Step, Step Back ¼ R

123 Step L fwd, ¼ L step R beside L, ½ L (weight on both feet) [9:00]

456 Step L back, ½ R step R fwd, step L back ¼ R [6:00]

Repeat! No Tag! No Restart!!