

How I Live

Count: 108

Wall: 2

Level: Advanced

Choreographer: Mark Furnell (UK) & Chris Godden (UK) - August 2024

Music: How I Live - Nessa Lea



Intro: 24 Counts, Start at approx 9 secs

SEC 1 1/8 Weave, Coaster Step, Step, 1/2 Pivot, Step, Full Spiral Turn, Step

- 1-2-3 Cross left over right, step right to right, turn 1/8 left step left back (10:30)
4-5-6 Step right back, step left beside right, step right forward
1-2-3 Step left forward, pivot 1/2 right transferring weight on to right over 2 counts (4:30)
4-5-6 Step left forward, spiral full turn right hooking right over left, step right forward (4:30)

SEC 2 1/4 Back Sweep, Back Rock, Hold, 1/8 Twinkle, Twinkle

- 1-2-3 Turn 1/4 right step left back sweeping right from front to back over 3 counts (7:30)
4-5-6 Rock right back, hold over 2 counts
1-2-3 Step left forward, turn 1/8 left step right to right, step left to left (6:00)
4-5-6 Cross right over left, step left to left, step right to right

SEC 3 Weave, 1/4 Step 1/4 Hitch, 1/8 Press, Hold, Coaster Step

- 1-2-3 Cross left over right, step right to right, step left behind right
4-5-6 Turn 1/4 right step right forward turn 1/4 right hitch left knee over 3 counts (12:00)
1-2-3 Turn 1/8 right press left forward, hold over 2 counts (1:30)
4-5-6 Step right back, step left beside right, step right forward

SEC 4 1/8 Weave, 1/4 Step Hitch, Rock, Recover, Point, Hold

- 1-2-3 Step left forward, turn 1/8 left step right to right, step left behind right (12:00)
4-5-6 Turn 1/4 right step right forward hitching left knee over 3 counts (3:00)

Option Full turn right hitching left knee over 5-6

- 1-2-3 Rock left forward over 3 counts
4-5-6 Recover weight onto right, point left to left, hold

SEC 5 5/8 Diamond, 1/8 Weave

- 1-2-3 Cross left over right, step right to right, turn 1/8 left step left back (1:30)
4-5-6 Step right back, turn 1/8 left step left to left, turn 1/8 left step right forward (10:30)
1-2-3 Step left forward, turn 1/8 left step right to right, turn 1/8 left step left back (7:30)
4-5-6 Step right back, turn 1/8 left step left to left, cross right over left (6:00)

SEC 6 Side Balance, Side Balance, Sway, Sway

- 1-2-3 Step left to left, rock right back, recover weight onto left
4-5-6 Step right to right, rock left back, recover weight onto right
1-2-3 Step left to left swaying body left over 3 counts
4-5-6 Sway body right over 3 counts

Restart Here on Wall 2 and 4

SEC 7 5/8 Diamond, 1/8 Weave

- 1-2-3 Cross left over right, step right to right, turn 1/8 left step left back (4:30)
4-5-6 Step right back, turn 1/8 left step left to left, turn 1/8 left step right forward (1:30)
1-2-3 Step left forward, turn 1/8 left step right to right, turn 1/8 left step left back (10:30)
4-5-6 Step right back, turn 1/8 left step left to left, cross right over left (9:00)

SEC 8 Side Balance, Side Balance, Sway, Sway

- 1-2-3 Step left to left, rock right back, recover weight onto left

4-5-6 Step right to right, rock left back, recover weight onto right
1-2-3 Step left to left swaying body left over 3 counts
4-5-6 Sway body right over 3 counts

SEC 9 ¼ Step, Hold, Step, Hold, Together, Hold, Out, Out, Together

1-2-3 Turn ¼ left step left forward, hold over 2 counts (6:00)
4-5-6 Step right forward, hold over 2 counts
1-2-3 Step left beside right, hold over 2 counts

Styling Collapse body

4-5-6 Hold over 3 counts
1-2-3 Hold over 3 counts

Styling Over last 6 counts, recover to standing slowly expanding body

Note On Wall 5, Omit the 6 count hold continuing with last 3 counts

4-5-6 Step right to right, step left to left, step right beside left

Ending After 72 counts of Wall 6

Step, Hold, Step, Hold, Together

1-2-3 Step left forward, hold over 2 counts
4-5-6 Step right forward, hold over 2 counts
1-2-3 Step left beside right

Styling Collapse body

Last Update: 13 Aug 2024
