

\*\*\*Official WCDF competition dance description 2009\*\*\*

# Life Is A Long Way To Run

Anita Wittenberg

Type : 24 Count, 2 Wall Waltz  
Level : Novice  
Music : "Life Is A Long Way To Run" by Dancelife (BPM 85)

**1/4 TURN STEP, 1/4 TURN STEP,  
1/4 TURN STEP BACK, STEP BACK,  
1/4 TURN STEP, DRAG**

1 RF 1/4 turn right step forward  
2 LF 1/4 turn right step side left  
& RF 1/4 turn right step back (9:00)  
3 LF step back  
4 RF 1/4 turn right step side right  
(12:00)  
5,6 LF drag to RF

**KNEE SWIVEL, KICK, STEP, SLIDE,  
DRAG**

7 LF swivel knee in front of right leg  
8 LF kick diagonally left  
9 LF step next to RF  
10 RF slide side right  
11 RF drag towards LF  
12 RF drag next to LF

**CROSS, STEP, 1/4 TURN CROSS,  
STEP BACK, 1/2 TURN STEP,  
3/4 TURN RONDE´**

13 RF step diagonally forward left  
14 LF step side left  
& RF 1/4 turn right cross in front of LF  
15 LF step back  
16 RF 1/2 turn right step forward  
17,18 RF 3/4 turn right sweeping LF (6:00)

**STEP, 1/4 TURN STEP, 1/2 TURN,  
STEP BACK, 1/2 TURN STEP,  
STEP BACK 1/4 TURN**

19 LF step forward  
20 LF 1/4 turn left step RF next to LF  
21 1/2 turn left weight on both feet  
22 LF step back  
23 RF 1/2 turn right step forward  
24 LF step back 1/4 turn right (6:00)