Website: http://www.alanbirchall.com

alan G. Binhal

The Life Of Riley

Choreographer: Alan G. Birchall (Nuline UK)

Level: Advanced Dance: 2 Walls Steps/Count: 64

Tags/Restart: During Walls 3 & 6

Music: The Life Of Riley – The Lightning Seeds
CD: Like You Do... The Best Of The Lightning Seeds

Start: On Lyrics

Seconds: 23 Count: 32 From The Main Music BPM: 121



1-2 Cross Right Over Left, Step Left To Left3-4 Rock Back On Right, Recover On Left

5-6 Step Right To Right, Making ½ Turn Left Step Left By Right7&8 Step Forward On Right, Step Left By Right, Step Forward On Right

MAMBO FORWARD, MAMBO BACK, ROCK, RECOVER, CROSS, ¼ TURN, POINT

9&10 Rock Forward On Left, Recover On Right, Step Back On Left11&12 Rock Back On Right, Recover On Left, Step Forward On Right

13&14 Rock Left To Left, Recover On Right, Cross Left Over Right - Weight On Left

15&16 Point Right To Right, Making ¼ Turn Right Step Right By Left, Point Left To Left 9:00

Tag & Restart Here During Walls 3 (Facing 6:00) & 6 (Facing 12:00)

On 3rd & 6th Walls Replace 15&16 With Rock, Recover – 15: Rock Right To Right, 16: Recover On Left Then Restart From The Beginning

CROSS, COASTER STEP, LOCK, STEP, ROCK, RECOVER, 11/4 TRIPLE TURN

17-18 Cross Left Over Right, Step Back On Right

&19-20 Step Left By Right, Step Forward On Right, Lock Left Behind Right&21-22 Step Forward On Right, Rock Forward On Left, Recover On The Right

23&24 Make 1¼ Triple Turn Left Stepping Left, Right, Left 6:00 Alt: ¼ Side Shuffle

CROSS ROCK, RECOVER, 11/4 TRIPLE TURN, STEP, 1/2 PIVOT, SHUFFLE

25-26 Cross Rock Right Over Left

27&28 Make 1¼ Triple Turn Right Stepping Left, Right, 9:00 Alt: ¼ Side Shuffle

29-30 Step Forward On Left, ½ Pivot Right

31&32 Step Forward On Left, Step Right By Left, Step Forward On Left 3:00

CROSS, BACK, SIDE SHUFFLE, x2

33-34 Cross Right Over Left, Step Back On Left

35&36 Step Right To Right, Step Left By Right, Step Right To Right

37-38 Cross Left Over Right, Step Back On Right

39&40 Step Left To Left, Step Right By Left, Step Left To Left

FRONT, SIDE, ½ SAILOR TURN, FRONT, SIDE, SAILOR

41-42 Touch Right Over Left, Touch Right To Right

43&44 Making ½ Turn Right Step Right behind Left, Step Left By Right, Step Right In Place 9:00

45-46 Touch Left Over Right, Touch Left To Left

47&48 Cross Left Behind Right, Step Right To Right, Step Left In Place

CROSS, POINT x2, CROSS, UNWIND, SHUFFLE

49-50 Cross Right Over Left, Point Left To Left51-52 Cross Left Over Right, Point Right To Right

53-54 Cross Right Over Left, Unwind ½ Turn Left - Weight Ends On Left
 55&56 Step Forward On Right, Step Left By Right, Step Forward On Right

ROCK, RECOVER, SHUFFLE, ¼ STEP, TOUCH, FULL TRIPLE TURN

57-58 Rock Forward On Left, Recover On Right

59&60 Step Back On Left, Step Right By Left, Step Back On Left61-62 Making ¼ Turn Right Step Right To Right, Touch Left By Right

63&64 Make A Full Triple Turn Left Stepping Left, Right, Left 6:00 Alt: Side Shuffle Left

START AGAIN

NULINE DI

Dance Sheet Prepared By: Alan G. Birchall D&G and BWDA Fully Qualified Instructor