

LIVE LAUGH & LOVE

As Danced by Pittsfield Seniors

Choreographer: Linda Dube; 32-count, 4-walls

Music: Volcano by Jimmy Buffet

Live, Laugh, Love by Clay Walker

The Best Years Of Our Lives by Baha Men

WALK, WALK, SHUFFLE (FORWARD)

1-2 Walk Forward R-L

3&4 Shuffle Forward R-L-R

5-6 Walk Forward L-R

7&8 Shuffle Forward L-R-L

WALK, WALK, SHUFFLE (BACKWARD)

1-2 Walk Backward R-L

3&4 Shuffle Backward R-L-R

5-6 Walk Backward L-R

7&8 Shuffle Backward L-R-L

STEP SIDE, TOGETHER, SHUFFLE (TO RIGHT & TO LEFT)

1-2 Take a side-step to the right, Step left foot next to right

3&4 Shuffle Right (R-L-R)

5-6 Take a side-step to the left, Step right foot next to left

7&8 Shuffle Left (L-R-L)

CROSS ROCK, RECOVER, SHUFFLE IN PLACE (RIGHT & LEFT)

1-2 Rock forward with on right foot (across left), Rock back on left

3&4 Shuffle in place (R-L-R)

5-6 Rock forward on left foot (crossing in front of right), Rock back on right

7&8 Shuffle in place (L-R-L)

REPEAT