

GET ME A NEW LIFE

Music New Life: 3.31 Available On Itunes
Artist Gina Timms Album Thank You
Choreographer's Sue Fisher & Janelle Mathews. Tasmania Feb 2017
Contact valleyfisher4@hotmail.com Or valleycoaster@hotmail.com
64 Count: 4 Wall, East Intermediate , No Tags or Restarts: Intro 48 Counts

Beats	Description
	<u>Pivot ½ Hold, Paddle ¼ Hold</u>
1,2,3,4	Step fwd on R, pivot ½ turn L, step fwd R hold
5,6,7,8	Step fwd on L, paddle ¼ R, step L across R hold
	<u>Toe Hold, Heel Hold, Toe, Heel, Toe, Heel</u>
1,2,3,4	Touch R toe beside L hold, touch R heel beside L, hold
5,6,7,8	Touch R toe, heel, toe, heel, beside L foot
	<u>Side Rock Cross Hold, Back Lock back Hold</u>
1,2,3,4	Step R to side, replace weight on L, step R across L Hold
5,6,7,8	Step L back, step R across L, step back on L hold
	<u>½ Turn Hold, ½ Turn Hold, Back Tog, Fwd Hold</u>
1,2,3,4	Turn ½ turn R, step fwd on R hold, turn ½ turn R, step back on L hold
5,6,7,8 **	Step R back, step L tog, step R fwd hold
	<u>Toe Hold, Heel Hold, Toe, Heel, Toe, Heel</u>
1,2,3,4	Touch L toe beside R hold, Touch L heel beside R hold
5,6,7,8	Touch L toe, heel, toe, heel, beside R foot
	<u>Side Rock Cross Hold, Side Rock Cross Hold</u>
1,2,3,4	Step L to side, weight on R, cross L over R, hold
5,6,7,8	Step R to side weight on L, cross R over L, hold
	<u>½ Turn R Hold, Rock fwd, Step Back, Hold</u>
1,2,3,4	Turning ¼ R, step back on L, turn ¼ turn R step R to Side, step L fwd, hold
5,6,7,8	Rock fwd on R, back on L step R back hold
	<u>Back Tog, Fwd Hold, R heel strut, L Heel strut</u>
1,2,3,4	Step L back, step R beside L, step L fwd, hold
5,6,7,8	Touch R heel fwd, lower toes, touch L heel fwd ,lower Toes

Dance Finishes on count 32 Turning The Coaster, ¼ Turn R, To Face the Front, Step L beside R**