

Beautiful Life

Level: Intermediate **Genre:** Dance
Artist: Ace Of Base
Choreo: Jean Watford **Email:** watfordjean@gmail.com
Speed: 95% - Normal **Length:** 3.42
Sequence: INTRO A B C A* B D E BREAK C A B E D* END
Wait: 16 beats slow music



Quick Cues

Intro: (16 beats)

16 2 Sync Triple

Part A (32 beats)

4 Stomp Double
4 Travelling Triple
4 Slur Basic
4 Triple (1/2 R)
16 REPEAT

Part B (32 beats)

8 Samantha
4 Half Cole Step
4 Turkey (1/2 R)
16 REPEAT

Part C (32 beats)

8 Double Loop Ball Slide (L)
8 2 Gwen Step
16 REPEAT OPPOSITE FOOTWORK

Part A* (16 beats)

4 Stomp Double
4 Travelling Triple
4 Slur Basic
4 Triple (Full R)

Part B (32 beats)

8 Samantha
4 Half Cole Step
4 Turkey (1/2 R)
16 REPEAT

Part D (32 beats)

8 Red Rooster Sync (L)
4 Triple (1/2 R)
4 2 Rock Heel Pull
16 REPEAT

Part E (32 beats)

4 Richard Simmons
4 Travelling Pivot (1/2 L)
8 Mountain Goat Rock Slur (Rft)
8 2 Double Across Basic
8 MJ Slide (1/2 L)

Quick Cues

Break: (32 beats)

8 Step Up & Back
8 Snake Back Track
16 REPEAT

Part C: (32 beats)

8 Double Loop Ball Slide (L)
8 2 Gwen Step
16 REPEAT OPPOSITE FOOTWORK

Part A: (32 beats)

4 Stomp Double
4 Travelling Triple
4 Slur Basic
4 Triple (1/2 R)
16 REPEAT

Part B: (32 beats)

8 Samantha
4 Half Cole Step
4 Turkey (1/2 R)
16 REPEAT

Part E: (32 beats)

4 Richard Simmons
4 Travelling Pivot (1/2 L)
8 Mountain Goat Rock Slur (Rft)
8 2 Double Across Basic
8 MJ Slide (1/2 L)

Part D*: (64 beats)

8 Red Rooster Sync (L)
4 Triple (3/4 R)
4 2 Rock Heel Pull
48 REPEAT 3 TIMES

End: (1 Beat)

1 Rock Heel



Step Definitions - It's A Beautiful Life

SYNC TRIPLE:

(P) S (XIF) RS S (XIF) RS S DS DS DS RS
L RL R LR L R L R LR
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

STOMP DOUBLE: (CAN BE DR INSTEAD OF (P) AT START)

(P) STO DS DS RS
L R L RL
& 1 & 2 & 3 & 4

TRAVELLING TRIPLE:

DS (OTS) DS (XIF) DS (OTS) RS
R L R LR
& 1 & 2 & 3 & 4

SLUR BASIC:

DS (OTS) SLR-S (XIB) DS RS
L R R L RL
& 1 & 2 & 3 & 4

TRIPLE:

DS DS DS RS
R L R LR
& 1 & 2 & 3 & 4

SAMANTHA:

DS DS (XIF) DR S (BK) DR S (BK) RS DS DS RS
L R R L L R LR L R LR
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

HALF COLE STEP:

DS-SL R S-SL RS
L L R L L RL
& 1 & 2 & 3 & 4

TURKEY: (CAN BE (P) INSTEAD OF DR AT START)

DR/LIFT H-FL (OTS) S (XIB) DS RS
L /R R R L R LR
& 1 & 2 & 3 & 4

GWEN STEP:

DS DS (XIF) R (XIB) S (XIF) DR S (BK)
R L R R L R
& 1 & 2 & 3 & 4

DOUBLE LOOP BALL SLIDE:

DS-SL/LOOP-S (XIB) DS-SL/LOOP-S (XIB) DS (OTS) DS BA-SL (XIB) RS
L L / R R L L / R R L R L L RL
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

RED ROOSTER SYNC:

[DS DS (XIF) BA (OTS) BA (XIB) BA (OTS) BA (XIF) DS DS S DS S] (MOVE L)
L R L R L R L R L R L
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

RICHARD SIMMONS:

(P) [BA/BA] (H'S L) (P) [H(WGT)/H(WGT)] (T'S L) (P) [BA/BA] (H'S L) (P) H(WGT T L)/LIFT
L /R L /R L /R L /R
& 1 & 2 & 3 & 4

TRAVELLING PIVOT:

DS (OTS) DS (XIF) DS (OTS) PVT (L) /LOOP-S (BK)
R L R R / L L
& 1 & 2 & 3 & 4

ROCK HEEL PULL:

R H(WGT DIAG) PULL-S (BS)
L R L L
& 1 & 2

MOUNTAIN GOAT ROCK SLUR:

DS BA (XIF) BA (OTS) BA (OTS) BA (XIF) BA (XIB) SL
R L R L R L L
& 1 & 2 & 3 & 4
DS (OTS) DS (XIB) R (OTS) H(WGT OTS) SLR-S (XIB)
R L R L R R
& 5 & 6 & 7 & 8

DOUBLE ACROSS BASIC:

DT (XIF) H DT (X) H DS RS
L R L R L RL
& 1 & 2 & 3 & 4

MJ SLIDE: (In this dance turn 1/4 L on &4 & 1/4 L on &8)

DS DS (XIB) R S (OTS) (P) S (XIB) DT H DT H RS BA-SL
L R L R L R L R L RL R R
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

STEP UP AND BACK:

(P) S (FWD) (P) S (BS) DS RS (P) S (BK) (P) S (BS) DS RS
L R L RL R L R LR
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

ROCK HEEL:

R TCHH
L R
& 1

SNAKE BACK TRACK:

DS H(WGT XIF TW) S (OTS) R (BK) S (OTS) H(WGT XIF TW) S (OTS) R (BK) S (OTS)
L R L R L R L R L R L
& 1 & 2 & 3 & 4 & 5
DS (OTS) H(WGT XIF TW) S (OTS) R (BK) S (OTS)
R L R L R
& 6 & 7 & 8