This Is Nightlife

Count: 32 **Wall:** 4 **Level:** Intermediate
Choreographer: Debbie Rushton (UK) - June 2025
Music: This Is Nightlife - Yes Yes & Iwaro

Count in: After 32 counts
Tag: At the end of wall 1 and wall 4

WALK WALK R LOCK STEP, ROCK RECOVER, BEHIND SIDE CROSS

1 2	Walk forward R, L
3&4	Step R forward, Lock L behind R, Step R forward
5 6	Rock forward on L, Recover back onto R sweeping L around
7&8	Cross L behind R, Step R to R side, Cross L over R

SIDE DRAG, BALL CROSS TURN SIDE HOLD & ROCK ROCK

1 2	Step R big step to R side, Drag L towards R
&3 4	Step L beside R, Cross R over L, Make ¼ turn R stepping L back (3 oclock)
5 6	Make ¼ turn R stepping R to R side, Hold count 6 (6 oclock)
&7 8	Step L beside R, Step R out to R side pushing R hip out, Step L out to L side L pushing L hip out

ROCK FLICK, CROSS SHUFFLE, ROCK ¼ TURN, SHUFFLE ½ TURN

1 2	Rock R out to R side, Recover onto L angling body to L diagonal and flick R leg up behind
3&4	Cross R over L, Step L to L side, Cross R over L
5 6	Rock L out to L side, Recover onto R making ¼ turn R (9 oclock)
7&8	Make ¼ turn R stepping L to L side, Step R beside L, Make ¼ turn R stepping L back (3oclock)

BACK ROCK, CROSS ROCK RECOVER, CROSS ROCK RECOVER, STEP ½ TURN

1 2	Rock back on R, Recover forward onto L
3&4	Cross R over L, Rock L out to L side, Recover onto R
5&6	Cross L over R, Rock R out to R side, Recover onto L
7 8	Step R forward, Pivot ½ turn L taking weight onto L (9 oclock)

TAG – 32 counts (NC2 rhythm)
End of wall 1 facing 9 oclock
End of wall 4 facing 12 oclock
STEP SWEEP CROSS ¼ TURN, SIDE DIP, CROSS ROCK

1 2	Step R forward, Sweep L around from back to front
3 4	Cross L over R, Make ¼ turn L stepping R back
5 6	Step L to L side dipping body as you drag R towards L on 6
7 8	Cross rock R over L, Recover back onto L

SIDE ROCK, BACK ROCK, ¼ TURN ½ TURN STEP ½ TURN

1 2	Rock R out to R side, Recover onto L
3 4	Rock back on R, Recover onto L
5 6	Make ¼ turn L stepping back on R, Make ½ turn L stepping L forward
7 8	Step R forward, Pivot ½ turn L taking weight onto L

REPEAT THE ABOVE 16 COUNTS TO COMPLETE THE TAG