

Ein Leben Lang

Count: 64

Wall: 0

Level: Intermediate Phrased

Choreographer: Anke Eckhart (DE) & Manuela Schmidt (DE) - 20 August 2026

Music: Ein Leben lang ist nicht lang - Peter Maffay & Johannes Oerding



We dedicate this dance to Thunder Gomes.

2 tags, 1 finish

Dance sequence: A, A, Tag 1, B, B, A, A, Tag 1, B, Tag 2, B, B*, Finish

PART A

Section 1 scissors cross r+l, turn l shuffle forward, coaster step

- 1+2 RF step diagonally right back – step LF next to RF – cross RF over LF
- 3+4 LF step diagonally left back – step RF next to LF – cross LF over RF
- 5+6 RF step forward with turn left – bring LF next to RF – RF step back with turn left
- 7+8 LF step back – step RF next to LF – LF step forward

Section 2 chassé r, back rock, full turn shuffle forward, step r forward, stomp l

- 1+2 RF step to right – step LF next to RF – RF step to right
- 3-4 LF step back (lift RF) – step RF forward again
- 5+6 Shuffle turn right over 3 counts (L-R-L)
- 7-8 RF step forward – stomp LF next to RF

Section 3 vaudeville r with flick, step-lock-step, stomp up l next to r

- 1-2 Cross RF in front of LF – LF step back diagonally left
- 3-4 Touch RF heel forward – flick RF back
- 5-6 RF step forward – lock LF behind RF
- 7-8 RF step forward – stomp up LF next to RF

Section 4 toe strut turn l back 2*, coaster step, stomp up r next to l

- 1-2 Touch LF toe back – turn left and drop LF heel fully
- 3-4 Touch RF toe forward – turn left and drop RF heel fully
- 5-6 LF step back – step RF next to LF
- 7-8 LF step forward – stomp up RF next to LF

Part B

Section 1 cross rock, back rock, full turn twister kick l

- 1-2 Cross RF in front of LF while lifting LF – weight back onto LF
- 3-4 RF step back while lifting LF – weight back onto LF
- 5-6 Kick RF forward – turn left and step RF next to LF
- 7-8 Kick LF forward – turn left and step LF next to RF

Section 2 grapevine r with touch, rolling vine l with scuff r

- 1-2 RF step to right, cross LF behind RF
- 3-4 RF step to right, touch left toe to left
- 5-6 turn left, turn left
- 7-8 turn left, scuff RF forward

Section 3 diag. r forward stomp up, diag. l back stomp up, back rock r 2*

- 1-2 RF step diagonally forward right – stomp up LF next to RF
- 3-4 LF step diagonally back left – stomp up RF next to LF
- 5-6 RF step back – weight back onto LF
- 7-8 Same as 5-6

B* stop here and dance Finish

Section 4 step lock step, scuff l, ¼ rock l, recover, ¼ turn step l to l, stomp up r 1-2 RF step forward – lock LF behind RF

- 3-4 RF step forward – scuff LF forward
- 5-6 LF step turn left (lifting RF slightly) – weight back onto RF
- 7-8 LF step turn left – stomp up RF next to LF

Tag 1

Section 1 step pivot ½ turn l 2*, diag. long step r fwd, slide l to r, stomp l

- 1-2 RF step forward – turn left on both balls of feet, weight ends on LF (3 o'clock)
- 3-4 Same as 1-2
- 5-6 RF big diagonal step forward – slide LF to RF
- 7-8 LF stomp next to RF – hold (6 o'clock)

Tag 2

Section 1 rockin' chair r, turn l big step with r, slide l next to r with stomp

- 1-2 RF step forward (lift LF) – weight back onto LF
- 3-4 RF step back (slightly lift LF) – weight back onto LF
- 5-6 RF big step forward with turn left – drag LF to RF
- 7-8 LF stomp next to RF – hold

Section 2 ¼ knee lock turn l, step r back, hold, sailor step with l, hold

- 1-2 Lock RF behind left knee – turn left on LF, RF remains locked
- 3-4 RF step back – hold
- 5-6 Cross LF behind RF – RF step to right
- 7-8 LF step to left – hold

Section 3 rockin' chair r, turn l big step with r, slide l next to r with stomp

- 1-8 Same as Section 1

Section 4 ¼ l side rock with r, recover, kick r, cross r over l, unwind full turn l

- 1-2 RF turn left on RF (slightly lift LF) – weight back onto LF
- 3-4 Kick RF forward – cross RF wide over LF
- 5-8 Unwind full turn left over 3 counts (weight ends on left) – hold

Finish

Section 1 ¼ step l with r, stomp up l, turn l with l, scuff r, stomp r forward

- 1-2 RF step with turn left on RF – stomp up LF next to RF
- 3-4 LF turn left step forward – scuff RF next to LF
- 5 RF stomp as a step forward

Repeat until the end

Submitted by Paulo Gomes (pgomes@gmx.de)
