



TAKE A LIFE



Choreographer : Marianne Langagne (Fr) 23.04.2026
Walls : 2 Walls
Counts : 32 Counts – 2 Tags + 1 Tag/Restart (Tags & Tag / Restart are at 6.00)
Level : Intermediate
Music : Take A Life – Alan Cooper (91 BPM)
Intro : 16 Counts + 2 (Start on lyrics)

Séquence : 32 – **Tag n° 1** – 32 – 32 – **Tag n° 2** – 32 – 32 – 32 – 28 - **Tag n° 1 / Restart** – 32...Until the End !!

S1 VAUDEVILLE R & L, VAUDEVILLE ¼ TURN R, CROSS SHUFFLE

1 & 2 Cross RF over LF, LF Back, R Heel Fwd
 & Together
 3 & 4 Cross LF over RF, RF Back, L Heel Fwd
 & Together
 5 & 6 Cross RF over LF, ¼ Turn R – LF Back (3 :00), R Heel Fwd
 & Together
 7 & 8 Cross LF over RF, RF to the R, Cross LF over RF

S2 RUMBA BOX, COASTER STEP, FULL TURN

1 & 2 RF to the R, Together (Weight on LF), RF Fwd
 3 & 4 LF to the L, Together (Weight on RF), LF Back
 5 & 6 RF Back, Together, RF Fwd
 7 – 8 ½ Turn R – LF Back, ½ Turn R – RF Fwd (Weight on RF) (3 :00)

S3 SHUFFLE FWD , ¼ TURN L SIDE ROCK CROSS, HINGE ½ TURN R, CROSS SHUFFLE TO R

1 & 2 LF Fwd, Together, LF Fwd
 3 & 4 ¼ Turn L – RF to the R, Recover on LF, Cross RF over LF (12 :00)
 5 – 6 ¼ Turn R – LF Back (3 :00), ¼ Turn R – RF to the R (6 :00)
 7 & 8 Cross LF Over RF, RF to the R, Cross LF over RF

S4 ½ TURN R CROSS SHUFFLE TO L, ½ TURN L CROSS SHUFFLE TO R, (R & L) SIDE - HOOK BACK , SIDE, SWIVEL TO CENTER

1 & 2 ½ Turn R – Cross RF over LF, LF to the L, Cross RF over LF (12 :00)
 3 & 4 ½ Turn L – Cross LF over RF, RF to the R, Cross LF over RF (6 :00) **- HERE TAG n°1 / Restart facing 6:00**
 5 & RF to the R, Cross LF Behind R Leg
 6 & LF to the L, Cross RF Behind L Leg
 7 RF to the R
 & 8 Heels to Center, Toes To Center (Weight on LF)

TAG n° 1 : (2 Counts) End of 1st Wall & during 7th Wall (Count 28) > Restart

HEEL SWITCHES

1 & 2 & R Heel Fwd, L Heel Fwd, Together

TAG n° 2 : (6 Counts) End of 3rd Wall

HEEL SWITCHES, LARGE SLIDE BACK , COASTER STEP

1 & 2 & R Heel Fwd, L Heel Fwd, Together
 3 – 4 Large Step RF Back, Slide LF next to RF
 5 & 6 LF Back, Together, LF Fwd

Dance & Have Fun !!!!