# LIFE GOES ON ALMIGHTY MIX

**Level:** Intermediate Plus
**Artist:** Leann Rimes
**Choreo:** Neville Flegg, Cheryl Holland, Shirley Smith
**Speed:** Normal **Length:** 3.45 min
**Sequence:** A B C A B D E B D F Ending
**Wait:** 32 Beats; Left Foot Lead

**Quick Cues**

**Part A (32 Beats)**
8 Stomp High Horse **(1/4 L)**
4 Mountain Goat
4 Lori Basic **(1/4 L)**
**16 REPEAT**

**Part B (32 Beats)**
8 Basic Life Pull **(FWD)**
4 Karate **(1/2 L)**
4 Double Gallop
**16 REPEAT**

**Part C (32 Beats)**
8 **2** Mountain Shuffle **(1/4 L)**
8 Cowboy
**16 REPEAT**

**Part A (32 Beats)**
8 Stomp High Horse **(1/4 L)**
4 Mountain Goat
4 Lori Basic **(1/4 L)**
**16 REPEAT**

**Part B (32 Beats)**
8 Basic Life Pull **(FWD)**
4 Karate **(1/2 L)**
4 Double Gallop
**16 REPEAT**

**Part D (32 Beats)**
8 **2** Ooh Aah Skuff **(1/4 L)**
8 Quarter Moon **(1/4 L)**
**16 REPEAT**

**Quick Cues**

**Part E (64 Beats)**
16 **2** Long Mountain Rocks
8 **2** Mountain Shuffle **(1/4 L)**
8 Cowboy **(1/2 L)**
16 **2** Crossover **(BK)**
8 **4** Basic **(FWD)**
8 **4** Unclog **(FWD)**

**Part B (32 Beats)**
8 Basic Life Pull **(FWD)**
4 Karate **(1/2 L)**
4 Double Gallop
**16 REPEAT**

**Part D (32 Beats)**
8 **2** Ooh Aah Skuff **(1/4 L)**
8 Quarter Moon **(1/4 L)**
**16 REPEAT**

**Part F (64 Beats)**
4 Travelling Pivot **(3/4 R)**
4 Sync Slide
8 **2** Fancy Triple **(L & R)**
**48 REPEAT IN A BOX**

**ENDING (16 Beats)**
8 **2** Mountain Shuffle **(1/4 L)**
4 Triple Brush **(FWD)**
4 Chain Ball Slide (BK)

ACA
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Updated to current ACA Terminology 22 Dec 2019

## Step Description - Life Goes On (Almighty Mix)

**STOMP HIGH HORSE:**

| (P) | STO | DT(XIF) | SL | DT(X) | SL | BA(OTS) | BA(XIF) | HD/BA | LIFT/SL | DS | DS | RS |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | L | R | L | R | L | R | L | /R | L /R | L | R | LR |
| & | 1 | & | 2 | & | 3 | & | 4 | & | 5 | &6 | &7 | &8 |

**MOUNTAIN GOAT:**

| DS | BA(XIF) | BA(OTS) | BA(OTS) | BA(XIF) | BA(XIB) | SL |
|---|---|---|---|---|---|---|
| L | R | L | R | L | R | R |
| &1 | & | 2 | & | 3 | & | 4 |

**BASIC:**

| DS | RS |
|---|---|
| L | RL |
| &1 | &2 |

**LORI BASIC:**

| DS | DT | H | DS | RS |
|---|---|---|---|---|
| L | R | L | R | LR |
| &1 | & | 2 | &3 | &4 |

**KARATE:**

| DS-PVT(1/2 L)/K | | H | (P) | S | K | H |
|---|---|---|---|---|---|---|
| L | L | /R | L | R | L | R |
| &1 | | & | 2 & | 3 | & | 4 |

**BASIC LIFE PULL:**

| DS | R | S(FWD) | PULL-TCHH(BS) | S(BS) | TCHH(F) | LIFT/SL | DS | DS | RS(FWD) |
|---|---|---|---|---|---|---|---|---|---|
| L | R | L | R | R | L | L /R | L | R | LR |
| &1 | & | 2 | &3 | & | 4 | & | 5 &6 | &7 | &8 |

**DOUBLE GALLOP:**

| DS | DS | BA | H-BA | BA | H-BA |
|---|---|---|---|---|---|
| L | R | L | R R | L | R R |
| &1 | &2 | & | a 3 | & | a 4 |

**MOUNTAIN SHUFFLE:**

| (P) | STO | DT | H | DS | K/DR-SL |
|---|---|---|---|---|---|
| | L | R | L R | L/R | R |
| & | 1 | & | 2 &3 | & | 4 |

**COWBOY:**

| [DS | DS | DS | BR(XIF) | H](FWD) | [DS(XIF) | R(BK) | S(XIF) | R(BK) | S(XIF) | R(BK) | S(XIF)](BK) |
|---|---|---|---|---|---|---|---|---|---|---|---|
| L | R | L | R | L | R | L | R | L | R | L | R |
| &1 | &2 | &3 | & | 4 | &5 | & | 6 | & | 7 | & | 8 |

**OOH AAH SKUFF:**

| (P) | TCHH(F)/BO | (P) | BA/HD(F) | R | S(FWD) | SK(F) | SL/LIFT |
|---|---|---|---|---|---|---|---|
| | L/R | | L/R | R | L | R | L/R |
| & | 1 | & | 2 | & | 3 | & | 4 |

**UNCLOG:**

| STA-STO | | SK | SL |
|---|---|---|---|
| L | L | R | L |
| & | 1 | & | 2 |

**QUARTER MOON:**

| DS | DS | DS-DR/K | SL | BA(XIB)(1/4 L) | SL | DS | DS | RS |
|---|---|---|---|---|---|---|---|---|
| L | R | L L/R | L | R | R | L | R | LR |
| &1 | &2 | &3 & | 4 | & | 5 | &6 | &7 | &8 |

**CHAIN BALL SLIDE:**

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

**LONG MOUNTAIN ROCK:**

| DS | R(XIF) | S | R(OTS) | S | R(XIB) | S | R(OTS) | S | R(XIF) | S | R(OTS) | S | R(XIB) | S |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| L | R | L | R | L | R | L | R | L | R | L | R | L | R | L |
| &1 | & | 2 | & | 3 | & | 4 | & | 5 | & | 6 | & | 7 | & | 8 |

**CROSSOVER: (In this dance, move Bk)**

| DS | TCH(OTS) | H | T-H(XIF) | TCH(OTS) | H | T-H(XIF) | TCH(OTS) | H | T-H(XIF) | TCH(OTS) | H |
|---|---|---|---|---|---|---|---|---|---|---|---|
| L | R | L | R R | L | R | L | L | R | L R | R | L | R |
| &1 | & | 2 | & 3 | & | 4 | & | 5 | & | 6 & | 7 | & | 8 |

**TRAVELLING PIVOT:**

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

**SYNC SLIDE:**

| (P) | S | DS | S | DS | LIFT/SL |
|---|---|---|---|---|---|
| | L | R | L | R | L /R |
| & | 1 | &2 | & | 3& | 4 |

**FANCY TRIPLE:**

| DS(OTS) | DS(XIF) | DS(XIB) | R(OTS) | S(XIF) |
|---|---|---|---|---|
| L | R | L | R | L |
| &1 | &2 | &3 | & | 4 |

**TRIPLE BRUSH:**

| DS | DS | DS | BR | H |
|---|---|---|---|---|
| L | R | L | R | L |
| &1 | &2 | &3 | & | 4 |