

This Is Nightlife

Modern Line – Basic C

Usage date: 12/08/2026 – 10/08/2027

Description : 32 Counts, 2 Wall
Choreographer : Debbie Rushton
Music : "This Is Nightlife" by Yes Yes & Iwara
TAG : End of wall 1 and 4



1-8: WALK WALK RIGHT LOCK STEP, ROCK RECOVER, BEHIND SIDE CROSS

1 RF Walk forward.
2 LF Walk forward.
3 RF Step forward.
& LF Lock behind RF.
4 RF Step forward.
5 LF Rock forward.
6 RF Recover and sweep LF around.
7 LF Cross behind RF.
& RF Step to side.
8 LF Cross over RF.

9-16: SIDE DRAG, BALL CROSS TURN SIDE HOLD & ROCK ROCK

1 RF Step a big step to side.
2 LF Drag towards RF.
& LF Step beside RF.
3 RF Cross over LF.
4 LF Make ¼ turn right and step back (03:00).
5 RF Make ¼ turn right and step to side (06:00).
6 Hold.
& LF Step beside RF.
7 RF Step out to right side pushing right hip out.
8 LF Step out to left side pushing left hip out.

17-24: ROCK FLICK, CROSS SHUFFLE, ROCK ¼ TURN, SHUFFLE ½ TURN

1 RF Rock out to right side.
2 LF Recover angling body to left diagonal and flick right leg up.
3 RF Cross over LF.
& LF Step to side.
4 RF Cross over LF.
5 LF Rock out to left side.
6 RF Recover and make ¼ turn right (09:00).
7 LF Make ¼ turn right and step to left side (12:00).
& RF Step beside LF.
8 LF Make ¼ turn right and step back (03:00).

25-32: BACK ROCK, CROSS ROCK RECOVER, CROSS ROCK RECOVER, STEP ½ TURN

1 RF Rock back.
2 LF Recover.
3 RF Cross over LF.
& LF Rock to side.
4 RF Recover.
5 LF Cross over RF.
& RF Rock to side.
6 LF Recover
7 RF Step forward.
8 LF Make ½ turn left taking weight on LF (09:00).

TAG

1-8: STEP SWEEP CROSS ¼ TURN, SIDE DIP, CROSS ROCK

1 RF Step forward.
2 LF Sweep around from back to front.
3 LF Cross over RF.
4 RF Make ¼ turn left and step back.
5,6 LF Step to side, dipping body as you drag RF towards LF on 6.
7 RF Cross rock over LF.
8 LF Recover.

9-16: SIDE ROCK, BACK ROCK, ¼ TUR, ½ TURN, STEP ½ TURN

1 RF Rock to side.
2 LF Recover.
3 RF Rock back
4 LF Recover.
5 RF Make ¼ turn left and step backward.
6 LF Make ½ turn left and step forward.
7 RF Step forward.
8 LF Make ½ turn left and take weight on LF.

REPEAT THE ABOVE 16 COUNTS TO COMPLETE THE TAG

