# Livin' for Tomorrow 

## Choreographer: Shane McKeever

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Type of dance: Advanced 2 wall AB dance. A: 42 counts. B: 32 counts. 3 tags (described at bottom of sheet)
Music:
Intro: $\quad 16$ counts from very first beat in music (app 8 . secs into track). Start with weight on $L$ foot facing 10:30 (2)
Sequence: A, B, B, Tag 1, A, Tag 2, B, B, B, B, Tag 3 (which is the Ending!)

## A Part: 42 counts, 1 wall

| Counts | Footwork | End facing |
| :---: | :---: | :---: |
| 1-8 | 1/8 Sweep, cross, $R$ basic, $1 / 4 \mathrm{R}$, run $3 / 4 \mathrm{R}$ with sweep, cross |  |
| 1-2 | Step R fwd and sweep L 1/8 R (1), cross L over R (2) | 12:00 |
| 3-4\& | Step R a big step to $R$ side (3), step L behind $R$ (4), cross $R$ over $L$ ( \&) | 12:00 |
| 5-6\&7 | Turn $1 / 4 R$ stepping back on $L(5)$, turn $1 / 2 R$ stepping $R$ fwd (6), turn $1 / 8 R$ stepping $L$ fwd (\&), turn $1 / 8 \mathrm{R}$ stepping R fwd with a $L$ sweep from back to front (7) | 12:00 |
| 8 | Cross L over R (8) | 12:00 |
| 9-16 | Side rock behind $\mathbf{X} 2$, side $R$, fwd $L$, $R$ fwd into $L$ spiral turn, run around $1 / 2 L$, fwd $R$ |  |
| 1\&2 | Rock $R$ to $R$ side (1), recover on L opening body up to $R$ diagonal ( $\&$ ), cross $R$ behind $L$ ( 2 ) | 12:00 |
| \&3\% | Rock L to L side (\&), recover on R opening body up to L diagonal (3), cross L behind R (\&) | 12:00 |
| 485 | Step R to R side (4), step L fwd (\&), step R fwd spiralling a full turn L (5) | 12:00 |
| 687 | Step L fwd (6), turn $1 / 8 \mathrm{~L}$ stepping R fwd (\&), turn $1 / 8 \mathrm{~L}$ stepping L fwd ( 7 ) | 9:00 |
| 8 | Turn $1 / 8 \mathrm{~L}$ stepping R fwd (8) | 7:30 |
| 17-24 | 1/8 sweep, cross, L basic, $1 / 4 \mathrm{~L}$, run $3 / 4 \mathrm{~L}$ with sweep, cross |  |
| 1-2 | Step L fwd and sweep R 1/8 L (1), cross R over L (2) | 6:00 |
| 3-4\& | Step L a big step to L side (3), step R behind L (4), cross L over R (\&) | 6:00 |
| 5-6\&7 | Turn $1 / 4 \mathrm{~L}$ stepping back on $R(5)$, turn $1 / 2 \mathrm{~L}$ stepping L fwd (6), turn $1 / 8 \mathrm{~L}$ stepping $R$ fwd (\&), turn $1 / 8 \mathrm{~L}$ stepping L fwd with a $R$ sweep from back to front (7) | 6:00 |
| 8 | Cross R over L (8) | 6:00 |
| 25-32 | Side rock behind X 2, side L, fwd R, L fwd into R spiral turn, run around $1 / 2 \mathrm{R}$, fwd L |  |
| 1\&2 | Rock $L$ to $L$ side (1), recover on $R$ opening body up to $L$ diagonal (\&), cross L behind R (2) | 6:00 |
| \&3\& | Rock R to R side (\&), recover on $L$ opening body up to R diagonal (3), cross R behind L (\&) | 6:00 |
| 4\&5 | Step L to L side (4), step R fwd (\&), step L fwd spiralling a full turn R (5) | 6:00 |
| 6\&7 | Step R fwd (6), turn 1/8 R stepping L fwd (\&), turn 1/8 R stepping R fwd (7) | 10:30 |
| 8 | Turn 1/8 R stepping L fwd (8) | 12:00 |
| 33-42 | $7 / 8$ diamond fallaway, step $1 / 2 \mathrm{LX2}$ |  |
| 1-2\& | Step R to R side (1), turn 1/8 L stepping L back (2), step R back (\&) | 10:30 |
| 3-4\& | Turn $1 / 8 \mathrm{~L}$ stepping L to $L$ side (3), turn $1 / 8 \mathrm{~L}$ stepping $R$ fwd (4), step L fwd (\&) | 7:30 |
| 5-6\& | Turn $1 / 8 \mathrm{~L}$ stepping $R$ to $R$ side (5), turn $1 / 8 \mathrm{~L}$ stepping $L$ back (6), step $R$ back (\&) | 4:30 |
| 7-8\& | Turn $1 / 8 \mathrm{~L}$ stepping $L$ to $L$ side (7), turn 1/8 L stepping $R$ fwd (8), step $L$ fwd (\&) | 1:30 |
| 9\&10\& | Step R fwd (9), turn $1 / 2 L$ stepping $L$ fwd (\&), step R fwd (10), turn $1 / 2 L$ stepping $L$ fwd (\&) | 1:30 |

## B Part: 32 counts/ 2 walls

| 1-8 | 1/8 L Step R with Arm Movements and $1 / 4$ Turn L |  |
| :---: | :---: | :---: |
| 1\&2 | Make $1 / 8 L$ stepping $R$ to $R$ side swinging $L$ arm over $R$ arm (1), Rotate $L$ arm to $L$ and $R$ arm to $R$ keeping elbow to wrist together ending with $R$ arm over $L$ arm (\&), move $R$ arm to $R$ and $L$ arm to $L$ fully extending arms shoulder width apart (2) | 12.00 |
| 3-4 | Pop chest fwd pulling arms back (3), recover chest to neutral extending arms again (4) | 12.00 |
| 5-6 | Lean to $R$ side turning body to $R$ diagonal crossing $L$ arm over $R$ arm (5), place $L$ hand on $R$ elbow and $R$ hand under $L$ elbow (6) | 12.00 |
| 7-8 | Transferring weight from R to L lift R elbow up (7), Lift L elbow dropping R elbow (\&), turn $1 / 4$ L levelling elbows (8) (drop arms after this count) | 9.00 |


| 9-16 | Bend point \& drag R\&L, bend \& point R side, together, side L, drag together |  |
| :---: | :---: | :---: |
| 1-2 | Bend in $L$ knee pointing $R$ fwd (1), drag $R$ to $L$ straightening in $L$ knee (2) | 9:00 |
| 3-4 | Bend in $R$ knee pointing $L$ fwd (3), drag $L$ to $R$ straigtening in $R$ knee (4) | 9:00 |
| 5-6 | Bend in $L$ knee pointing $R$ to $R$ side (5), drag $R$ to $L$ straightening in $L$ knee (6) | 9:00 |
| 7-8 | Step L a big step to L side (7), drag and touch R next to L (8) | 9:00 |
| 17-24 | Hitch ball step, $1 / 4 \mathrm{R}$ with knees bent, cross point, twist toes heels toes with $1 / 4 \mathrm{~L}$ |  |
| 1\&2 | Hitch R knee (1), step R down (\&), step L fwd (2) | 9:00 |
| 3\&4 | Step L fwd bending in knees (3), with knees bent turn $1 / 4 \mathrm{R}(\&)$, straighten in knees changing weight to $R(4)$ | 12:00 |
| 5-6 | Cross point $L$ over R (5), step L to L side twisting L and R toes to L diagonal (6) | 12:00 |
| 7-8 | Twist heels to L (7), twist toes to the L turning to 9:00 (8) | 9:00 |
| 25-32 | Step turn turn, sweep, slow sailor $1 / 4 \mathrm{~L}$, snap fingers |  |
| 1-2 | Step R fwd (1), turn 1 ² L stepping $L$ fwd (2) | 3:00 |
| 3-4 | Turn $1 / 2 \mathrm{~L}$ stepping back on R (3), sweep L from front to back (4) | 9:00 |
| 5-6 | Cross L behind R (5), turn ¼ L stepping L next to R (6) | 6:00 |
| 7-8 | Step L fwd (7), snap both fingers out to sides (8) | 6:00 |
|  |  |  |
| Tag 1 | 7/8 of a Diamond, step 1 /4 L |  |
| 1-2\& | Step R to R side (1), turn 1/8 L stepping L back (2), step R back (\&) | 10:30 |
| 3-4\& | Turn 1/8 L stepping $L$ to $L$ side (3), turn 1/8 L stepping R fwd (4), step L fwd (\&) | 7:30 |
| 5-6\& | Turn 1/8 L stepping $R$ to $R$ side (5), turn 1/8 L stepping L back (6), step R back (\&) | 4:30 |
| 7-8\& | Turn $1 / 8 \mathrm{~L}$ stepping $L$ to $L$ side (7), turn 1/8 L stepping R fwd (8), turn $1 / 4 \mathrm{~L}$ onto $L$ (\&) | 10:30 |
|  |  |  |
| Tag 2 | 1/8 L side R arms up |  |
| 1-2 | Turn 1/8 L stepping R to R side throwing arms up above head (1), Hold (2) | 12:00 |
|  |  |  |
| Tag 3 | 7/8 Diamond |  |
| 1-2\& | Step R to R side (1), turn 1/8 L stepping L back (2), step R back (\&) | 10:30 |
| 3-4\& | Turn 1/8 L stepping L to L side (3), turn 1/8 L stepping R fwd (4), step L fwd (\&) | 7:30 |
| 5-6\& | Turn 1/8 L stepping R to R side (5), turn 1/8 L stepping L back (6), step R back (\&) | 4:30 |
| 7-8\& | Turn $1 / 8 \mathrm{~L}$ stepping $L$ to $L$ side (7), turn 1/8 L stepping R fwd (8), step L fwd (\&) | 1:30 |
| 9-17 | Step $1 / 2 \times 2,1 / 8 \mathrm{~L}$ side R, arms up over 4 counts, arms down into praying position |  |
| 1-2 | Step R fwd (1), turn $1 / 2$ L onto L (2) | 7:30 |
| 3-4 | Step R fwd (3), turn 1 ² L onto L (4) | 1:30 |
| 5-9 | Turn $1 / 8 \mathrm{~L}$ stepping R to R side starting to throw arms out to the sides (5), bring both arms up to meet with palms together (6-8), bring both arms down in front of chest into a praying position (9) | 12:00 |

