

Semi-Charmed Life

Choreo: Monika White and Patrick Priddy (adapted by David McGrath)

Music: by Third Eye Blind

Intro: Wait 16 Beats, Left Foot Lead

Level: Advanced

Sequence: A B C D A B C D E B C* D* A B Ending

Beats	Cues	Beats	Cues
Part A		8	Blind Step
16	2 Semi-charmed (1/2 R on each)	4	Macnamara Vine
Part B		4	Triple (1/2 R)
8	Shnike Step	Part E	
4	Third Heel	8	Lori Skuff
4	Karate Basic (1/2 L)	4	Pony Knee Turn
8	Shnike Step	4	Triple
4	Third Heel	8	Lori Skuff
4	Karate Basic (1/2 L)	4	Pony Knee Turn
Part C		4	Triple
4	Syncopated Run	Part B	
4	Stomp Double (1/2 R)	8	Shnike Step
4	Syncopated Run	4	Third Heel
4	Stomp Double (1/2 R)	4	Karate Basic (1/2 L)
Part D		8	Shnike Step
8	Blind Step	4	Third Heel
4	Macnamara Vine	4	Karate Basic (1/2 L)
4	Triple (1/2 R)	8	Shnike Step
8	Blind Step	4	Third Heel
4	Macnamara Vine	4	Karate Basic (1/2 L)
4	Triple (1/2 R)	Part C*	
Part A		4	Syncopated Run
16	2 Semi-charmed (1/2 R on each)	4	Stomp Double (3/4 R)
Part B		4	Syncopated Run
8	Shnike Step	4	Stomp Double (3/4 R)
4	Third Heel	4	Syncopated Run
4	Karate Basic (1/2 L)	4	Stomp Double (1/2 R)
8	Shnike Step	Part D*	
4	Third Heel	8	Blind Step
4	Karate Basic (1/2 L)	4	Macnamara Vine
Part C		4	Triple (FULL R)
4	Syncopated Run	Part A	
4	Stomp Double (1/2 R)	16	2 Semi-charmed (1/2 R on each)
4	Syncopated Run	Part B	
4	Stomp Double (1/2 R)	8	Shnike Step
Part D		4	Third Heel
8	Blind Step	4	Karate Basic (1/2 L)
4	Macnamara Vine	8	Shnike Step
4	Triple (1/2 R)	4	Third Heel
Ending		4	Karate Basic (1/2 L)
4	Half a Semi-charmed		



Step Explanations – Semi-Charmed Life

Semi-charmed

BA TT(XIB) KICK/BA S S(BS) DS DT HOP TCH(XIF) SL/SL(OUT) (P)DR/DR(L XIF R)
L R L/R L R L R L R L/R L/R
& a 1 & 2 &3 e& a 4 & 5 &
LIFT/SL H-FL(F) S(TURN ½ R) RS
L/R L L R LR
6 & a 7 &8

Shnike Step

DS SK POP SLAP-S S DT- BA BA S DS DT HOP DT HOP TT- BA DT HOP TCH(BS)
L R L R RL R R L R L R L R L R R L R L
&1 e & a 2 & a3 e & 4 &5 e& a 6e & a 7 e& a 8

Third Heel(*denotes weight)

HD* TCHH- S HD* TT(BK)- BA TCHH- S SK POP SLAP-S TT(BK) SL
L R R L R R L L R L R R L R
& a 1 & a 2 e & a 3 e & a 4

Karate Basic

DS K(PVT ½ L) SL DS RS
L R L R LR
&1 & 2 &3 &4

Syncopated Run

(P) S(XIF) TCHH- BA TCHH- S (P)S(XIF) TCHH- BA TCHH- S (P)S(BS)
L R R L L R L L R R L
& 1 e & a 2 e & a 3 e & a 4

Stomp Double

(P)STO DS DS RS
R L R LR
& 1 &2 &3 &4

Blind Step(*denotes weight)

DS DT(UP) SL DS(OTB)HD* S S BR(UP) SL KICK/S S(OTS)S(XIF) DS DS TCH(BS)
L R L R L RL R L L/R L R L R L
&1 &a 2 &3 e &4 e & 5 & 6 &a7 e&a 8

Macnamara Vine

(P) TCHH(OTS)-S S(XIB) S(OTS) TCHH(OTS)-S S(XIB)
L LR L R RL
& 1 &2 & 3 &4

Lori Skuff

DS DT(UP) SL BA(OTS) BA(XIB) BA(OTS) SK SL BA(OTS) BA(XIB) BA(OTS) SK
L R L R L R L R L R L R
&1 &a 2 & 3 & a 4 & 5 & a
SL BA(OTS) BA(XIB) BA(OTS) SK SL
L R L R L R
6 & 7 & a 8

Pony Knee Turn

[DS (TWIST KNEE IN) (TWIST KNEE OUT) (IN) (OUT) (IN) (OUT)] – (Turn ½ L)
L R R R R R
&1 & 2 & 3 & 4

Half a Semi-charmed

BA TT(XIB) KICK/BA S S(BS) DS DT HOP TCH(XIF)
L R L/R LR L R L R
& a 1 &2 &3 e& a 4