

Live It Up

Count: 48

Wand: 4

Ebene: Improver

Choreograf/in: Kate Sala (UK) - February 2012

Musik: Live It Up - Chris Isaak : (Album: Beyond The Sun)



Start on vocals. 18 second intro.

Step Right, Hold, Rock Back, Recover, Step Left, Hold, Rock Back, Recover.

1, 2, 3, 4 Step R to right side. Hold. Cross rock on L behind R. Recover on to R.
5, 6, 7, 8 Step L to left side. Hold. Cross rock on R behind L. Recover on to L.

Step Forward, Hold, Rock Forward, Recover, Toe Strut Back x 2.

1, 2, 3, 4 Step forward on R. Hold. Rock forward on L. Recover back on to R.
5, 6, 7, 8 Step back on L toe. Drop L heel down. Step back on R toe. Drop R heel down.

Rock Back. Recover, Step Forward, Scuff, Jazz Box, Cross Step.

1, 2, 3, 4 Rock back on L. Recover on to R. Step forward on L. Scuff R forward.
5, 6, 7, 8 Cross step R over L. Step back on L. Step R to right side. Cross step L over R.

Toe, Heel, Hook, Step Forward Diagonal, Touch, Step Left, Together, Bounce Heels.

1, 2 Touch R toe next to L instep with toe turned in. Dig R heel forward.
3, 4 Hook R foot across L shin. Step forward on R to right diagonal.
5, 6 Touch L toe next to R instep. Step L to left side.
7 & 8 Step R next to L. Bounce heels up, down. *(Restart from here on wall 4 & 7)

Step Right, Hold, Behind, Turn 1/4 Right, Step, Pivot 1/2 Turn, Turn 1/4 Right, Cross Step Behind.

1, 2, 3, 4 Step R to right side. Hold. Cross step L behind R. Turn 1/4 right stepping forward on R.
5, 6, 7, 8 Step forward on L. Pivot 1/2 turn right. Turn 1/4 right stepping L to left side. Cross step R behind L.

Turn 1/4 Left, Hold, Step Forward, Pivot 1/2 Turn Left, Run x 2, Rock Forward, Recover.

1, 2, 3, 4 Turn 1/4 left stepping forward on L. Hold. Step forward on R. Pivot 1/2 turn left.
5, 6, 7, 8 Run forward on R, L. Rock forward on R. Recover back on to L.

Start again!

Restart: On wall 4 (Facing 9 o'clock) and wall 7 (Facing 3 o'clock)

Both restarts are in the same place of the dance. Restart after 32 counts, that's after the Heel Bounce.