

Lush Life

Compte: 32

Mur: 4

Niveau: Novice

Chorégraphe: Jonas Dahlgren (SWE) - December 2015

Musique: Lush Life - Zara Larsson



Clockwise, 1 Restart on wall 9 after 16 counts

SIDE TOGETHER KICK, BEHIND SIDE CROSS, 2X ½ RUMBA BOXES FORWARD

1 RF Step R
& LF Step together
2 RF/LF Step R kick LF L
3 LF Cross behind R
& RF Step R
4 LF Cross over RF
5 RF Step R
& LF Step Together
6 RF Step Forward
7 LF Step L
& RF Step together
8 LF Step forward

TOE HEEL HITCH, SWIVEL CHANGE WEIGHT, ROCK, TURN ½, STEP TURN ½, TURN ¼ L

1 RF Touch next to RF
& RF Touch heel diagonally R FWD
2 RF Hitch
& RF Step Forward
3 RF Swivel R
& RF Swivel L
4 RF Change weight on to RF
5 LF Rock forward
& RF Recover
6 LF Turn ½ L Step forward on L
7 RF Step Turn ½ L
& LF Recover weight
8 RF Step ¼ turn L step R

Restart on wall 9 (On count 16 change weight on to LF before start again.)

STEP DIAGONALLY BACK TOUCHES R, L , WEAVE L SWEEP,WEAVE R

1 LF Step Diagonally backwards L
& RF Touch next to LF
2 RF Step Diagonally backwards R
& LF Touch next to RF
3 LF Step Diagonally backwards L
& RF Step together
4 LF Step Diagonally backwards L
5 RF Cross over LF
& LF Step L
6 RF/LF Cross behind LF sweep LF front to back
7 LF Cross behind RF
& RF Step R
8 LF Cross over RF

STEP DIAGONALLY FORWARD TOUCHES R, L , WEAVE L SWEEP, RUN ½ TURN L

- 1 RF Step Diagonally forward R
- & LF Touch next to RF
- 2 LF Step Diagonally forward L
- & RF Touch next to LF
- 3 RF Step Diagonally forward R
- & LF Step Together
- 4 RF Step Diagonally forward R
- 5 LF Cross over RF
- & RF Step R
- 6 LF/RF Cross behind RF sweep RF front to back
- 7 RF Cross behind LF
- & LF Step ¼ L Forward
- 8 RF Step 1/8 L Forward
- & LF Step 1/8 L Forward

Repeat and Enjoy :)

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