

Life Style

Compte: 32

Mur: 1

Niveau: Improver

Chorégraphe: Glories Putera Birawida (INA) - January 2021

Musique: Lifestyle (feat. Adam Levine) - Jason Derulo



Intro : 16 count - No tag No Restart

S1. (1-8) Side Rock, recover, cross Shuffle , side flick, cross Shuffle

- 1 2 ROck side on R (1), recover on L (2)
- 3&4 RF cross over L (3), LF step L to L side (&), RF Cross over L (4)
- 5 6 LF side L (5), Flick L (6)
- 7&8 LF Cross Over R (7), RF step R to R Side (&) LF cross over R (8)

S2. (9-16) Rock step, Lock Shuffle, L Touch, L turn 1/2, R Back Rock (Sit)

- 1 2 RF Forward on The Right Foot (1), Replace Weight Back onto L (2)
- 3&4 RF Backward Shuffle R back (3) lock L front R (&) R backward R (4)
- 5 6 LF Touch Behind L (5) Turn 1/2 to The left (6.00) (6)
- 7 8 RF Step Back R (7) Rock Back oN R Angling Body R Dipping Down (Sit With look 12.00) (8)

S3. (17-24) Cross point, cross point, rock step, couster step

- 1 2 LF cross over R (1), RF step R to R touch
- 3 4 RF Cross over L (3), LF step L to L touch
- 5 6 LF Forward oN The LF (5), Replace Weight Back Onto R (6)
- 7&8 LF Back oN L (7), Close RF to LF (&) LF Forward oN The LF

S4. (Cross Unwind, out out in in body rolled, shimmy)

- 1 2 RF cross over Left (1) turn 1/2 left (12.00) (2),
- & 3 RF out R side (&) LF out L Side (3)
- & 4 RF close in place R (&) LF close in place L (4)
- 5 6 Bend kenes (5), Rolled body Up (6)
- 7&8 Shimmy your Shoulder R (7) shimmy your shoulder Left (&) shimmy your shoulder R (8)

For more info about Step Sheet & song , Please contact :

Glories : puterabirawida1986@gmail.com