

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Jun Andrizal (INA) - March 2021

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



I. STEP SIDE TOGETHER RIGHT , CROSS ROCK , 1/4 TURN LEFT , SHUFFLE FWD

1-2 Step R to side , Close L beside R
3&4 Step R to side , Close L beside R , Step R to side
5-6 Cross L over R , Recover on R
7&8 1/4 Turn left step L fwd , Close R beside L , Step L fwd

II. LOCK SHUFFLE , 1/2 TURN RIGHT WITH HOOK , SHUFFLE FWD

1-2 Step R fwd , Step lock L behind R
3&4 Step R fwd , Step lock L behind R , Step R fwd
5-6 Step L fwd , 1/2 Turn right step hook on R
7&8 Step R fwd , Close L beside R , Step R fwd

III. HEEL GRIND , COASTER STEP , KNEE POP , COASTER STEP

1-2 Step L fwd , Heel grind on L
3&4 Step L back , Close R beside L , Step L fwd
5&6 Step R fwd , bounce up,drop on R-L
7&8 Step R back , Close L beside R , Step R fwd

IV. STEP SIDE , BEHIND SIDE CROSS , STEP SIDE TOUCH

1-2 Step L to side , Recover on R
3&4 Cross L behind R , Step R to side , Cross L over R
5-6 Step R to side with bend , Step point diagonal on L
7-8 Step L to side with bend , Step point diagonal on R
