

Lifestyles

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: K. Sholes (USA) & Shirley Blankenship (USA) - May 2021

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



Section 1: Hip-push, Step X4

1&2 3&4 Touch R forward, push hip, Step on R, Touch L forward, Push hip, Step on L,
5&6 7&8 Touch R forward, Push hip, Step on R, Touch L forward, Push hip, Step on L.

Section 2: 1/4 turn Hip Roll X2, 1/4 Jazz Box

1-4 Step R forward, Roll hip 1/4 left, Step R forward, Roll hip 1/4 left,
5-8 Step R across L, Step L back, Step R 1/4 right, Step L next to R.

Section 3: Cha Cha Cha, Rock, Recover X2

1&2 3 4 Step R to side, Step L next to R, Step R to side, Rock L back, Recover R,
5&6 7 8 Step L to side, Step R next to L, Step L to side, Rock R back, Recover L.

Section 4: Brush, Brush, Shuffle, Rock, Recover, Coaster Step

1 2 3&4 Brush R toe forward, Brush R toe across L, Step R forward, Step L next to R, Step R forward,
5 6 7&8 Rock L forward, Recover R, Step L back, Step R back, Step L forward.

Begin Again! It's All About Fun!
