

Compte: 32

Mur: 2

Niveau: Improver

Chorégraphe: Dominique Assens (FR) - March 2023

Musique: Life & Living - Smithfield



Intro : 32 counts

Section 1 : (HEEL GRIND, BEHIND, SIDE, CROSS) X 2

1 2 3&4 Heel Grind R (on 2 counts), Cross R behind L, L to L, Cross R over L
5 6 7&8 Heel Grind L (on 2 counts), Cross L behind R, R to R, Cross L over R

Section 2 : SIDE ROCK R, 1/2 R SIDE R, CROSS L, SCISSOR STEP R, 1/4 R WITH SWEEP, CROSS L

1 2 3 4 R to R, Recover on L, 1/2 turn to R stepping R to (6h), Cross L over R
5&6 7 8 R to R, L next to R, Cross R over L, 1/4 turn to R with sweep L (from back to front) (keeping weight on R) (9 h), Cross L over R

Section 3 : BACK R, SIDE L, CROSS R, SWEEP L, CROSS L OVER R, BACK R, SIDE L, CROSS R, SIDE L, TOUCH R

1&2 3 4 Step Backwd R, L to L (&), Cross R over L, Sweep L (from back to front), Cross L over R
5&6 7 8 Step Backwd R, L to L (&), Cross R over L, L to L, Touch R next to L

Section 4 : MAMBO BACK R, FULL TURN, ROCK STEP FWD L, 1/4 TURN TO L SIDE L, TOUCH R

1&2 3 4 Step Backwd R, Recover on L, Step forwd R, 1/2 turn to R stepping L Backwd, 1/2 turn to R stepping R Forwd
5 6 7 8 Step Forwd L, recover on R, 1/4 turn to L (6h) stepping L to L, Touch R next to L

TAG-RESTART : Wall 9, after 16 counts, facing 9h

Added 4 counts : Jazz box with 1/4 turn to R

1 2 3 4 Cross R over L, Step backward L, 1/4 turn to R stepping R to R, L next to R

Now, facing 12h, you can start the dance again
