

Life With U

Compte: 32

Mur: 2

Niveau: High Improver - NC



Chorégraphe: Sandra Lumbanraja (INA) - May 2024

Musique: life with u - lullaboy

Dance starts at 20 counts approx 20 seconds

Restart at wall 2 and 6 after 8c

Restart at wall 4 after 16c with step change

SECTION 1: PRISSY WALK (RLR) – STEP – TOUCH – STEP BACK WITH SWEEP (RLR) – CLOSE

- 1 – 3 RF cross over LF, LF cross over RF, RF cross over LF
- 4&5 LF step forward, RF touch behind LF, RF step back sweeping LF from front to back
- 6 – 8 LF step back sweeping RF from front to back, RF step back sweeping LF from front to back,
LF close beside RF

Restart here at wall 2 and 6 (changing weight to LF)

SECTION 2: BASIC NC (LR) – PIVOT ½R TURN - ¼ R TURN – CROSS BEHIND - ¼ L TURN – PIVOT ¼L TURN

- 1-2& LF step to L, RF step slightly behind LF, LF cross over RF
- 3-4& RF step to R, LF step slightly behind RF, RF cross over LF
- 5-6& LF step forward, turn ½ R weight on R (06.00), ¼ turn R stepping LF to L (09.00)
- 7& RF cross behind LF, ¼ L turn stepping LF forward (06.00)
- 8& RF step forward, turn ¼ L weight on L (03.00)

Restart here at wall 4 changing count 8& with

- 8 RF touch beside LF (exclude count &)

SECTION 3: HOLD – FULL TURN WITH SWEEP – CROSS OVER – STEP – BACK WITH SWEEP – CROSS BEHIND- STEP – FORWARD – PIVOT ½ R TURN – FORWARD

- 1 Hold with angling body to L,
- 2&3 Turn ¼R stepping RF forward, turn ½R stepping LF back, turn ¼ R stepping RF forward with LF sweeping from back to front
- 4&5 LF cross over RF, RF step to R, LF step back with RF sweeping from front to back
- 6&7& RF cross behind LF, LF step to L, RF step forward, LF step forward,
- 8& Turn ½R weight on RF (09.00), LF step forward

SECTION 4: FORWARD ROCK WITH PRESS – BACK – BACK - BACK ROCK – FORWARD – FORWARD WITH SWEEP - ¼ DIAMOND – CLOSE

- 1-2& RF step forward with press, LF recover, RF step back
- 3-4& LF step back, RF recover, LF step forward
- 5 – 6& RF step forward with LF sweeping from back to front, LF cross over RF, ⅛ turn L stepping RF back
- 7-8& LF step back, ⅛ turn L stepping RF back, LF close beside RF (06.00)

ENJOY THE DANCE♥☐

Last Update: 30 May 2024