

Get A Life

Compte: 72

Mur: 2

Niveau: Intermediate



Chorégraphe: Bell'sstar (UK) & Babystar

Musique: Daddy Laid the Blues On Me - Bobbie Cryner

RIGHT BOUNCE 2 3 4

- 1-4 Right foot bounce heel 4 times
- 5-8 Left foot bounce heel 4 times

RIGHT ROCK COASTER STEP

- 1-2-3&4 Rock forward on right recover on left, step back right, step left foot beside right foot, step forward right
- 5-8 Repeat above on left foot

FULL PADDLE TURN LEFT TO THE COUNT OF 8

- 1-8 Rock right foot out to right side, recover back on to left, turning ¼ turn left each time (12:00)

KNEE ROLLS

- 1-4 Moving forward, right toe to left instep, roll knee to right, taking toe with it at the same time, repeat with left toe
- 5-8 Repeat above 4 counts

WALKING BACK

- 1-4 Step back right, left, right, left

HEEL JACKS TO THE COUNT OF 8

- 1&2 Right heel forward, bring it back in place, left heel forward
- &3&4 Bring left heel back in place, right heel forward, bring it back in place, left heel forward
- 5-8 Repeat above

You could replace above 8 counts with apple jacks if you wish

RIGHT ROCK COASTER STEP

- 1-2-3&4 Rock forward on right, recover on left, step back right, step left beside right, step forward on right
- 5-8 Repeat above 4 counts on left foot

FULL PADDLE TURN

- 1-8 Rock right foot to right side, recover on left, turning a quarter of a turn each time you do so

RIGHT ROCK FORWARD TRIPLE HALF TURN

- 1-2-3&4 Rock forward on right, recover on left, turn right ½ right shuffle

LEFT ROCK FORWARD TRIPLE HALF TURN

- 5-6-7&8 Rock forward on left, recover on right, turn left ½ left shuffle

STEP TURN STOMP, STOMP

- 1-4 Step forward on right, pivot ½ turn left, stomp right, left

REPEAT