

I Lived

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Ria Vos (NL) & Karl-Harry Winson (UK) - October 2014
音乐: I Lived - OneRepublic : (Album: Native - iTunes UK)



Intro: 16 Counts/9 Seconds (Start on Vocals)

Back Rock. Full Turn Forward. Right Ball Rock-Cross. Left Side Rock. Cross.

- 1 – 2 Rock back on Right. Recover weight forward on Left.
3 – 4 Make 1/2 turn Left stepping Right back. Make 1/2 turn Left stepping Left forward. 12 o'clock
&5-6 Rock Right out to Right side. Recover weight on Left. Cross step Right over Left.
7&8 Rock Left to Left side. Recover weight on Right. Cross step Left over Right.

Side Step. 1/8 Turn Left X2. Side Step. Cross. Left Side Rock. Ball 1/4 Turn. 1/2 Turn Right.

- 1 – 2 Step Right to Right side. Make 1/8 turn Left stepping Left back. 10 o'clock
3&4 Cross step Right behind Left making 1/8 turn Left. Step Left to Left side. Cross Right over Left. 9 o'clock
5 – 6 Rock Left out to Left side. Recover weight on Right
&7,8 Step Left beside Right. Make 1/4 turn Right stepping Right forward. Make 1/2 turn Right stepping Left back.

1/4 Turn Right. Side Point. 1/4 Turn Left. 1/4 Turn-Sweep. Right Syncopated Jazz Box.

- 1 – 2 Make 1/4 turn Right stepping Right to Right side. Point Left out to Left side. 9 o'clock
3 – 4 Make 1/4 turn Left putting weight forward on to Left. Make 1/4 turn Left sweeping Right around. 3 o'clock
5 – 6 Cross step Right over Left. Step back on Left.
&7 Step Right to Right side. Cross step Left over Right.

Right Kick Ball-Cross. Side Step. Left Sailor 1/2 Turn. Side Step. Point Across. Point Side.

- 8&1 Kick Right foot to Right diagonal. Step Right beside Left. Cross step Left over Right.
2 Step Right to Right side.
3&4 Cross step Left behind Right making 1/2 turn Left. Step Right beside Left. Cross step Left over Right. 9 o'clock
5 – 7 Step Right to Right side. Point Left toe across Right. Point Left toe out to Left side.

Behind-Side-Cross. Side Point. 1/4 Turn Right. 1/4 Side Point. 1/4 Turn Left. Step Pivot 1/2 turn.

- 8&1 Cross Left behind Right. Step Right to Right side. Cross Left over Right.
2 – 3 Point Right toe out to Right side. Make 1/4 turn Right putting weight forward on Right. 12 o'clock
4 – 5 Make 1/4 Right pointing Left toe to Left side. Make 1/4 turn Left putting weight forward onto Left. 12 o'clock
6 – 7 Step Right forward. Pivot 1/2 turn Left. 6 o'clock

Shuffle 1/2 Turn/Drag. Hold. Ball-Step. Left Hitch. Left Coaster Step. Right Toe Point: Forward, Side.

- 8&1 Shuffle 1/2 turn Left stepping: Right, Left, Big step back on Right dragging Left towards Right. 12 o'clock
2 Hold still dragging Left towards Right.
&3-4 Step Left beside Right. Step forward on the Right. Hitch Left knee up.
5&6 Step back on Left. Step Right beside Left. Step forward on Left.
7 – 8 Point Right toe forward. Point Right toe to Right side.

****Restart 3: Here on Wall 6 facing 6 o'clock**

Back Step. Sweep Left. Back Step. Sweep Right. Right Coaster Step. Pivot 1/2 turn Left. Right Hitch.

- 1 – 4 Step back on Right. Sweep Left from front to back. Step back on Left. Sweep Right from front to back.
- 5&6 Step back on Right. Step Left beside Right. Step forward on Right.
- 7 – 8 Pivot 1/2 turn Left. Hitch Right knee Up.
- *Restarts 1&2: Here on Walls 2&4 facing 12 o'clock**

Syncopated Back Rock: Right & Left. Forward Rock. Ball Step. Back Step.

- 1 – 2 Rock back on Right. Recover weight forward on Left.
- &3-4 Step Right beside Left. Rock back on Left. Recover weight forward on Right.
- 5 – 6 Rock forward on Left. Recover weight back on Right.
- &7-8 Step Left beside Right. Step back on Right foot. Step back on Left. 6 o'clock

Restarts:-

***Restarts 1&2 – both happen in the same place after 56 Counts (Section 7) on the front Wall during walls 2&4**

****Restart 3 – happens during Wall 6 facing the back wall after 48 Counts (Section 6)**
