

# 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)**
-