

Life After You

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Jennifer Lindkvist (SWE) - May 2011
音乐: Life After You - Daughtry : (Album: Leave This Town)



S1: Twinklestep, ½ turn twinklestep

1-3 Cross left over right, step right to right side, step left in place
4-6 Cross right over left, ¼ turn right step left back, ¼ turn right step right forward

S2: Step, drag, step drag

1-3 Step left forward, drag right to left (on 2 count)
4-6 Step right forward, drag left to right (on 2 count)

S3: Basic, back, sweep

1-3 Step left forward, step right beside left, step left in place
4-6 Step right back, sweep left back (on 2 count)

S4: Sailorstep, ¼ sailorturn

1-3 Cross left behind right, step right to right side, step left to left side
4-6 Cross right behind left, step left to left side, ¼ turn left step right to right side

Restart 1,3&4

S5: Together, sweep, cross, side, cross

1-3 Step left next to right as you sweep right across left (this is done in 1 count), continue sweeping
4-6 Cross right over left, step left to left side, cross right behind left

Restart 2

S6: Side, slide, right fullturn

1-3 Step left to left side, slide right next to left (on 2 count)
4-6 ¼ turn right step right forward, ½ turn right step left back, ¼ turn right step right to right side

S7: Cross rock, ¼ turn, step, ½ turn

1-3 Rock left across right, recover, ¼ turn left step left forward
4-6 Step right forward, ½ turn left on right weight ends on right (on 2 count)

S8: Run, run, run, triple fullturn

1-3 Run forward stepping left, right, left
4-6 Triple full turn stepping right, left, right

Tag: After 3rd, 7th and 10th wall. You will be facing 6:00, 6:00 and 12:00.

Twinklestep, twinklestep

1-3 Cross left over right, step right to right side, step left in place
4-6 Cross right over left, step left to left side, step right in place

Restart 1, 3 & 4 - Wall 2, 6 and 9, after 24 count

On the 4th eight make a left sailorstep and right sailorstep. There will be no ¼ turn left.
You will be facing 12:00, 12:00 and 6:00.

Restart 2 – Wall 4, after 30 count

On the 5th eight make together, sweep, cross, ¼ turn right step left back, step right to right side.
You will be facing 12:00.

