

In My Life

拍数: 32 墙数: 2 级数: Beginner
编舞者: Annette Lapp (DK) - November 2015
音乐: In My Life (Glee Cast Version) - Glee Cast : (Album: Glee, The Music, The Complete Season Three)



Intro: 16 counts

Vine, Cross, Side Rock, Back Rock

1 – 2 Step right to right, step left behind right,
3 – 4 Step right to right, cross left in front of right
5 – 6 Rock right to right side, recover onto left
7 – 8 Rock back on right, recover onto left *

¼ Turn Right, Point Left, Cross, Point Right, ¼ Turn Jazz Box, Cross

1 – 2 Turn ¼ to the right stepping right forward, point left to left side
3 – 4 Cross left in front of right, point right to right side
5 – 6 Cross right over left, step back on left
7 – 8 ¼ turn right stepping right to right side, cross left over right

Chasse Right, Back Rock, Side, Drag, Back Rock

1 & 2 Step right to right, left beside right, step right to right side
3 – 4 Rock back on left, recover onto right
5 – 6 A long step to the left, drag right near to left
7 - 8 Rock back on right, recover onto left

Forward Rock, ½ Turn Right Shuffle, Step Left Forward, ½ Turn Right, Step Left Forward, Touch

1 – 2 Rock forward on right, rock back on left
3 & 4 ½ turn right stepping right, left, right
5 – 6 Step forward on left, step 1/2 turn right
7 – 8 Step forward left, touch right beside left

*Restart: On wall 3 after 8 count

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