

Beautiful Life

拍数: 48 墙数: 4 级数: Novice
编舞者: Jef Camps (BEL) & Daisy Simons (BEL) - December 2015
音乐: Beautiful Life - Nathan Carter



Intro: 32 counts.

S1: SIDE, ROCK BACK, RECOVER, SIDE, ROCK BACK, RECOVER, SIDE, BEHIND, ROCK, RECOVER, CROSS

1 RF□step side
2 LF□rock behind RF
& RF□recover
3 LF□step side
4 RF□rock behind LF
& LF□recover
5 RF□step side
6 LF□cross behind RF
7 RF□rock side
& LF□recover
8 RF□cross over LF

S2: ¼ TURN R, ½ TURN R, ROCK ¼ TURN R, RECOVER, CROSS, RUMBA BOX BACK

1 ¼ turn right, LF step back
2 ½ turn right, RF step forward
3 ¼ turn right, LF rock side
& RF□recover
4 LF□cross over RF
5 RF□step side
& LF□close next to RF
6 RF□step back
7 LF□step side
& RF□close next to LF
8 LF□step forward

S3: KICK & TOUCH R, KICK & TOUCH L, HEEL, ROCK BACK, RECOVER, SHUFFLE FWD

1 RF□kick forward
& RF□close next to LF
2 LF□touch side
3 LF□kick forward
& LF□close next to RF
4 RF□touch side
5 RF□touch heel forward
6 RF□rock back
& LF□recover

***Ending

7 RF□step forward
& LF□close next to RF
8 RF□step forward

S4: ROCK FWD, RECOVER, ½ TURN L, HEEL STRUTS x2, SHUFFLE FWD, PIVOT ¼ TURN R, CROSS

1 LF□rock forward
& RF□recover

2 ½ turn left, LF step forward
3 RF□touch heel forward
& RF□drop toes
4 LF□touch heel forward
& LF □drop toes
5 RF□step forward
& LF□close next to RF
6 RF□step forward
7 LF□step forward
& ¼ turn right
8 LF□cross over RF

S5: ¼ TURN L x2, SAMBA STEPS x2 (traveling fwd), CROSS, ¼ TURN R

1 ¼ turn left, RF step back
2 ¼ turn left, LF step side
3 RF□cross over LF
& LF□rock side
4 RF□recover
5 LF□cross over RF
& RF□rock side
6 LF□recover
7 RF□cross over LF
8 ¼ turn right, LF step back

S6: CHASSE R, CROSS ROCK, RECOVER, SIDE ROCK, RECOVER, CROSS ROCK, RECOVER, ¼ TURN L, PIVOT ½ TURN L

1 RF□step side
& LF□close next to RF
2 RF□step side
3 LF□cross over RF
& RF□recover
4 LF□rock side
& RF□recover
5 LF□cross over RF
& RF□recover
6 ¼ turn left, LF step forward
7 RF□step forward
8 ½ turn left

Ending: in wall 7 dance up to count 22 and add a Pivot ½ turn left with RF

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Last Update - 17th Dec. 2015
