

Lush Life

拍数: 32 墙数: 4 级数: Newcomer – Novice
编舞者: Jérémy Schoenenberger (FR) - April 2016
音乐: Lush Life - Zara Larsson



Restart on 9th wall after 16counts

[1 – 8] Rock cross heel swivel, Rock Step side, Heel cross, Side step, Heel Cross, Hold) x2

- 1& Cross RF on heel by swivelling the point from L to R, recover weight on LF
- 2& Rock RF on R side, recover weight on LF
- 3& Cross RF forward on heel with point of the feet in direction of L, Step side on LF by swivelling point of RF to R side
- 4& Cross RF forward on heel, hold (put weight on RF)
- 5& Cross LF on heel by swivelling the point from R to L, recover weight on RF
- 6& Rock LF on L side, recover weight on RF
- 7& Cross LF forward on heel with point of the feet in direction of R, Step side on RF by swivelling point of LF to L side
- 8& Cross LF forward on heel, hold (put weight on LF)

[9 – 16] Step Side, Touch, Step Side, Touch, Triple Step, Touch) x2

- 1& Step RF to R side, Touch LF next to RF
- 2& Step LF to L side, Touch RF next to LF
- 3&4& Triple step to R side (R, F, R), Touch LF next to RF
- 5& Step LF to L side, Touch RF next to LF
- 6& Step RF to R side, Touch LF next to RF
- 7&8& Triple step to L side (L, R, L), Touch RF next to LF

Open your knees every time you make a step on side, and close your knees when touching or close your feet

[17 – 24] Cross Forward, Step Back, Triple Step Side) x2

- 1 2 Cross RF forward, Step back on LF
- 3&4 Triple step to R side (R, L, R)
- 5 6 Cross LF forward, Step back on RF
- 7&8 Triple step to L side (L, R, L)

[25 – 32] Step Turn x2, Rock Step forward, Rock Step Back, Jump x3

- 1 2 Step RF forward, Turn $\frac{1}{4}$ to L with weight on LF (Facing 9:00)
- 3 4 Step RF forward, Turn $\frac{1}{4}$ to L with weight on LF (Facing 6:00)
- 5& Rock step forward on RF, recover weight on LF
- 6& Rock step back diagonally on RF, recover weight on LF
- 7&8 Jump on both feet making $\frac{1}{4}$ turn on L) x3 (Finish dance on 9:00)

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