

Do a Little Life

拍数: 32 墙数: 2 级数: Improver
编舞者: Maddison Glover (AUS) & Michelle Risley (UK) - May 2016
音乐: Come Do a Little Life - Mo Pitney



Begin dance after 8 counts, on vocals.

Walk, Walk, Mambo (sweep), Behind, Side, Cross, Fwd, Tap, Back, Kick

1,2,3& Step R fwd, step L fwd, rock fwd onto R, replace weight back onto L,
4 Step back on R (whilst sweeping L around anti-clockwise)
5&6 Step L behind R, step R to R side, cross L over R
7&8& Step R fwd onto R diagonal (1:30), tap L toe slightly behind R, step back on L, kick R fwd
(1:30)

Modified restart occurs here 3rd wall: see below

Turning ¼ Coaster, Walk, Fwd, Together, Walk, Walk, Cross/Rock, Side/Rock

1&2 Step back on R, turn 1/8 L stepping L together (12:00), turn 1/8 L stepping fwd on R (10:30)
3,4& Turn 1/8 L stepping fwd on L (9:00), turn 1/8 L stepping R fwd (7:30), step L together
5,6 Turn 1/8 L stepping fwd on R (6:00), turn ¼ L stepping slightly fwd on L (3:00)
7&8& Cross/rock R over L, replace weight back on L, rock R to R, replace weight onto L

Note: The timing for this section is: Quick, Quick, Slow, Slow, Quick, Quick, Slow, Slow, Quick, Quick, Quick, Quick

Behind, Side, Cross, Side/ Replace, Cross, Vine 1/4, Fwd, Step ½ Pivot, ½ Turn Back

1&2,3&4 Step R behind L, step L to L, cross R over L, rock L to L side, replace weight onto R, cross L
over R
5&6 Step R to R, step L behind R, turn ¼ R stepping fwd onto R (6:00)
7&8 Step L fwd, pivot ½ turn over R (weights on R), make ½ turn over R whilst stepping back on L
(6:00)

Back, Back, Cross x2, Side Toe/Heel Struts, Side/ Replace, Back, Together

1&2 Step R back onto R diagonal, Step L back onto L diagonal, cross R over L (slightly angle
shoulders L)
3&4 Step L back onto L diagonal, step R back onto R diagonal, cross L over R (6:00)
5&6& Touch R toe to R side, drop R heel to floor, Cross/ touch L toe over R, drop L heel to floor
7&8& Rock R to R side, replace weight onto L, step back on R, step L together (6:00)

RESTART: During the third sequence, begin the dance facing 12:00. Dance to count (8). Replace the kick forward (&) by touching R beside L as you square up to 12:00 and RESTART.

Suggestion: There is a beginner line dance 'HEY GIRL' choreographed by Micaela Svensson Erlandsson that could be used as a split floor.

Contacts:-

Michelle Risley: 07808772987
michellerisley@hotmail.co.uk - www.peace-train.co.uk

Maddison Glover: +61430346939
madpuggy@hotmail.com - www.linedancewithillawarra/maddy-glover