When Life Gives You Lemons



编舞者: Dag Alexander Wien (NOR) - March 2017

音乐: Lemonade (Disney Edit) - Alex Boyé



Start on main vocals - Sequence: 32, 32, 20, 32, 32, 8, 32, 4, 32, 12, 32, 12 (Music stops)

Section 1: Syncopated skate x2, Skate x4

1&2 Start skate RF forward(1), Touch RF diagonally right forward (&), Finish skate by stepping RF

diagonally right forward (2)

3&4 Start skate LF forward(3), Touch LF diagonally left forward (&), Finish skate by stepping LF

diagonally left forward (4)

(1&2 + 3&4 should be performed in a fluent motion)

5-8 Skate RF forward, skate LF forward, skate RF forward, skate LF forward

*Easy option:

*1-4 Skate RF forward, Hold, skate LF forward, Hold

Section 2: Mambo step, Coaster step w/ cross, 1/2 Paddle turn left

1&2	Rock RF forward, recover on LF, Step together with RF
3&4	Step back with LF, Step together with RF, Step LF in front of RF
5-6	Turn 1/8 left and touch RF to right side, turn 1/8 left and touch RF to right side
7-8	Turn 1/8 left and ouch RF to right side, turn 1/8 left and step RF together (06:00)

Section 3: (Mambo step w/ cross, Mambo 1/4 turn step) x2

1&2	Rock LF to left side, recover on RF, step LF in front of RF
3&4	Rock RF to right side, turn 1/4 left and recover on LF, step RF forward (03:00)
5&6	Rock LF to left side, recover on RF, step LF in front of RF
7&8	Rock RF to right side, turn 1/4 left and recover on LF, step RF forward (12:00)

Section 4: (Shuffle w/ 1/4 turn left) x2, Kick ball cross, Touch, Touch, 1/4 turn Step

1&2	Step LF to left side, step RF together, turn 1/4 left and step LF forward (09:00)
3&4	Turn 1/4 left and step RF to right side, step LF together, step RF to right side (06:00)
5&6	Kick LF diagonally left, Step LF together, Step RF in front of LF
7&8	Touch LF to left side, Touch LF beside RF, Turn 1/4 left and step LF forward (03:00)

Restarts: -

Wall 3 after 20 counts (after Section 3 count 4) NOTE: Change count 20 to 'touch RF beside LF'

Wall 6 after 8 counts (after Section 1)

Wall 8 after 4 counts (after Section 1 count 4)

Wall 10 after 12 counts (after Section 2 count 4)

It may feel like a lot of stress with all the Restarts, but when you get familiar with the music you'll hear them easily. Don't Worry, be Happy :-)

Have fun and enjoy :-)

Contact: dagalexander@me.com