

Life Is A Road

拍数: 56 墙数: 4 级数: Phrased
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音乐: At the Beginning - Donna Lewis & Richard Marx : (Album: Anastasia OST)



Sequence: AA BB C ABB C BBBB CC BBC B

Part A: 32c

Rock-step-cross, hold, 3/4 triple-step, hold

- 1, 2 Rock right to right side, recover weight on left foot
- 3, 4 Step right foot across left, hold for a count
- 5, 6 Step left back turning 1/4 to right (3:00), step right to right side turning 1/4 to right (6:00)
- 7, 8 Step left forward turning 1/4 to right (9:00), hold for a count

Right scissor-step, weave to left ending with left sweep and cross

- 1, 2 Step right to right side, step left next to right
- 3, 4 Step right across left, step left to left side
- 5, 6 Step right behind left, step left to left side
- 7&8 Step right across left, sweep left toe from back to front and step left across right

Right step-lock-step back, left sweep, left rock step back and a long step to side, right foot drag and touch

- 1, 2 Step right back, lock left across right
- 3, 4 Step right back, sweep left toe from front to back
- 5&6 Rock left back, recover weight on right foot, take a long step to left with left foot
- 7, 8 Drag right foot next to left, touch right toe to next to left

Right triple-step 1+1/4 to right, left sweep and step, right sweep, right mambo-step forward, left touch back and unwind-turn 1/2 to left

- 1&2 Step right forward making a 1/4 turn to right (12:00), step left back making a 1/2 turn to right (6:00), step right forward making a 1/2 turn to right (12:00)
- &3, 4 Sweep left toe from back to front and step left forward, sweep right toe from back to front
- 5&6 Rock right forward, recover weight on left foot, step right back
- 7, 8 Touch left toe back, unwind 1/2 to left ending with weight on left foot (6:00)

Part B: 16c

Rock-step-cross, 3/4 triple-step, skate right, left, shuffle forward

- 1&2 Rock right to right side, recover weight on left foot, step right across left foot
- 3&4 Step left back turning 1/4 to right (3:00), step right to right side turning 1/4 to right (6:00), step left forward turning 1/4 to right (9:00)
- 5,6 Skate right forward, skate left forward
- 7&8 Step right forward, step together with left, step right forward

Left rock-step-turn 1/2, right 1/2 turn-step, left 1/2 ronde, left shuffle forward

- 1&2 Rock left forward, recover weight on right foot, step left forward making a 1/2 turn to left (3:00)
- 3&4 Step right forward, make a 1/2 turn to left ending with weight on left foot (9:00), step right forward
- 5,6 Make a 1/2 turn to right on right foot while keeping your weight on the right while sweeping left toe from back to left side and touch left toe next to right (3:00)
- 7&8 Step left forward, step together with right, step left forward

Part C: 8c

Right shuffle forward, left 1/2 turn, left shuffle forward, right 1/2 turn

1&2	Step right forward, step together with left, step right forward
3,4	Step left forward, make a 1/2 turn to right ending with weight on right foot
5&6	Step left forward, step together with right, step left forward
7,8	Step right forward, make a 1/2 turn to left ending with weight on left foot

Last Update – 11 Mar. 2024 – R1
