

Live A Little

拍数: 232 墙数: 1 级数: Intermediate
编舞者: Maggi Okle-Edwards - December 2017
音乐: Live a Little - Dean Alexander : (Single - iTunes)



Dance begins after first – "Live a Little" on "Yeah"...

NOTE: Body roll can be used instead of Squat (Deep knee bend)

No Tags, No Restarts

INTRO: 12 counts

SWAY R & L, HEEL SWITCHES R & L, HEEL, HOOK, HEEL, TOGETHER, STEP, STEP R FWD

1-2 Sway to right, sway to left with slightly bended knees
3-4 Right heel forward, close to left, left heel forward, close to right
5&6& Right heel forward, hook across left shin, right heel fwd., right close to left
7&8 Step left in place, step right forward

TURN 1/2 L, SLOW STEP TURN 1/2 L, STEP TOGETHER, CLAP

1&2 Turn 1/2 left, Step right forward
3&4& Slow 1/2 turn left, step right beside left, clap, facing 12 o'clock

DANCE:-

S 1: OUT, OUT, IN, IN, SIDE, HITCH, BEHIND, SIDE, CROSS

1-2 Right forward out diagonally R, left forward out diagonally L,
3-4 Right back, left back beside right.
5&6 Step right side, hitch left knee, recover, step right behind left
7&8 Left to left side, cross right over left

S 2: SIDE, 1/4 R SAILOR STEP, STEP LOCK STEP, ROCKING CHAIR, STEP, CLAP, JUMP, STEP R FWD

1&2& Step left to left side, right behind left, turn 1/4 R, left to left side, right to right side 3 o'clock
3-4 Step left forward, cross right with toes in behind LF(knees touch), step left fwd.
5&6& Step right forward,(left heel lifts and sinks) step back right, step right fwd., left close to right
7&8 Clap, small jump forward, step right forward

S 3: STEP, PADDLE 1/4 R TURN, HITCH RIGHT DIAGONALLY, LOCK STEP, HITCH LEFT DIAGONALLY, LOCK STEP, STEP RIGHT FORWARD

1-2 Step left fwd., on left ball, twist heel outwards making a 1/8 turn right
3-4 Step left fwd., on left ball, twist heel outwards making a 1/8 turn right

Finishing with left cross over right facing 9 o'clock

5-6 Hitch right knee diagonally r, step left in behind right heel(knees touch) step right fwd.
7-8 Hitch left knee diagonally l, step right in behind left heel(knees touch) step left fwd.

S 4: PIVOT 1/2 L, FULL TURN, SIDE ROCK CROSS, SIDE, BACK

1-2 Step right forward, pivot 1/2 left, facing 3 o'clock
3&4 Step right forward and turn left on right ball stepping right back & left forward
5&6 Step right to right side,(left heel lifts and sinks) cross right over left
7-8 Step left to left side, step right back

S 5: SWEEP, SIDE, WEAVE & STEP 1/4 TURN R, ROCK STEP, COASTER STEP

1-2 Left sweep(swing toes half circle outward)from front to behind right, right to right side
3-4 Cross left over right, right to right side
5& Step left behind right, step right forward making 1/4 right turn
6& Step left forward (right heel lifts and sinks) facing 6 o'clock
7-8 Step left back, right beside left, step left forward

S 6: HEEL, HOOK, HEEL, COASTER STEP, STEP TURN 1/2 L, HEEL SWITCHES

- 1&2& Place right heel fwd.,cross right in front of left shin & toes touch down, R heel fwd.close
3-4 Step left back,right beside left, step left forward
5-6 Step right forward, turn1/2 left facing 12 o'clock
7-8 Right heel forward, recover, left heel forward, recover

S 7: OUT R, OUT L, SQUAT, TOE HEEL TOUCH SIDE STEPS

- 1-2 Step right forward diagonally right, step left forward diagonally left
3& Bend knees & squat, straighten up,
4&5 Step right foward diagonally right, left toe touch behind right heel, step back left
6& Right heel forward, right back slightly, left toe touch beside right heel
7-8 Step left to left side , right beside left

S 8: SHUFFLE FWD, STEP TURN 1/2 L, STEP TURN 1/2 L,Turn 1/4 L,TOUCH, KICK BALL CHANGE

- 1&2 Step left forward, close right beside left, step left forward
3&4 Step right forward, turn1/2 left facing 6 o'clock, step right fwd.
5&6 Turn 1/2 left facing 12 o'clock, turn 1/4 left stepping left to left side, Touch right beside left facing 9 o'clock
7&8 Right kick fwd.,step right togehter, step left beside right

S 9: TOE HEEL TOUCHES, HEEL DRAG, STEP, STEP TURN 1/2 R, STEP TURN 1/4 R, TOE SWIVEL

- 1& Diagonal right step right forward,left toe touch beside right heel, step left back
2& Right toe touch behind left, right heel drop
3&4 Left heel forward,drag heel & drop toe beside right, small right step fwd.
5&6 Step left forward,1/2 turn right,(3) step left forward, turn1/4 right, close to right facing 6 o'clock
7-8 Swivel both toes to right side, swivel both toes to middle

S 10: SIDE, TOUCH, KICK BALL CROSS, SIDE, TOUCH, KICK BALL CHANGE

- 1-2 Right to right side, touch left beside right,
3-4 Kick left forward,step left together, cross right over left
5-6 Step left to left side, touch right beside left
7-8 Kick right forward, step right together, left beside right

S 11: 1/2 RHUMBA BOXES 2xs, MAMBO FWD R, MAMBO BACK L

- 1&2 Step right to right side, left beside right, step fwd right,
3&4 Step fwd.left, right beside left, step fwd.left ,
5&6 Step fwd right,(left heel lifts and sinks) step right back
7-8 Step left back,(right heel lifts and sinks) step left beside right

S 12: MONTEREY TURN 1/2 R , SIDE R, BEHIND, AND HEEL & CROSS

- 1-2 Touch right toe out to right side ,on ball of LF make1/2 turn around right, Place RF beside left (transfer wieght onto RF) facing 12 o'clock
3-4 Touch left toe out to left side, step left beside right
5&6 Right to right side, cross left behind right, right back
7&8 Place left heel forward diagonally L, left back, cross right over left

S 13 SIDE LEFT , BEHIND, AND HEEL & CROSS, 4 HEELS DIAGONALLY

- 1&2 Step left to left side, cross right behind left,step left back
3&4 Place right heel forward diagonally R, step right back, cross left over right
5-6 Right heel fwd. dia. R (3 o'clock) rec., left heel fwd. (1 o'clock) rec.
7-8 Right heel fwd. dia. R (3 o'clock) rec., left heel fwd. – position both feet to12 o'clock

S 14: SHUFFLE BACK L, COASTER STEP, STOMP LEFT, SHUFFLE R FORWARD, ROCK FWD LEFT, SIDE ROCK

- 1&2 Back left, step right halfway back beside left, step back left,

- 3&4 Step back right , step left beside, step right forward
- 5 Stomp left beside right
- &6& Step forward right, left beside right, step right forward
- 7&8 Step left forward (right heel lifts and sinks) step left to left(right heel lifts and sinks)

S 15: HEEL, HOOK, HEEL , ROCK FWD R, TRIPLE 1/2 TURN R, OUT L, OUT R

- 1&2& Place left heel fwd.,cross left in front of R shin & toes touch down,left heel fwd., close
- 3-4 Step right forward (left heel lifts and sinks) weight returns on right
- 5&6 Step right turn 1/4 R, step left beside right, step right turning 1/4 R facing 6 o'clock
- 7-8 Step left forward diagonally left, step right forward diagonally right

S 16: SQUAT, TOE HEEL TOUCH SIDE STEPS

- 1-2 Bend knees & squat, straighten up,
- 3&4 Step right forward diagonally right, left toe touch behind right heel, step back left
- 5&6 Right heel forward, right back slightly & left toe touch beside right heel
- 7-8 Step left to left side, right together

S 17: SHUFFLE FORWARD L, HEELS R & L, MONTEREY TURN 1/4 R

- 1&2 Step left forward, right beside left, right forward
- 3-4 Right heel forward rec., left heel forward rec.
- 5-6 Touch right toe out to right side ,on ball of LF make 1/4 turn around right, and place RF beside left(transfer weight onto RF) facing 9 o'clock
- 7-8 Touch left toe out to left side, step left beside right

S 18: 4 STEP CIRCLE, HEEL SPLIT, POINTS R & L,

- 1-4 Step right, left, right, left making a full circle right
- 5-6 Both heels turn outwards (toes together), heels together
- 7-8 Point right side, close, point left side, close

S 19: WALK R & L, ANCHOR STEP, TOE SLIDE BACK *L & R, ROCK BACK

- 1-2 Step right forward, step left forward,
- 3 (Body diagonally right) Right ball of foot steps behind left
- &4 Left foot step in place and(turn body facing front) step right back slightly
- 5-6 Slide left ball back and slowly drop heel, slide right ball back and slowly drop heel
- 7-8 Step left back,(right heel lifts and sinks) weight transfers to right- *close to right

S 20: SHUFFLE R FORWARD, COASTER CROSS, SIDE ROCK CROSS, SIDE, BACK R

- 1&2 Step forward right, left beside right, right forward
- 3&4 Step left back, right beside left, cross left over right
- 5-6 Step right to right side,(left heel rises and sinks)cross right over left
- 7-8 Step left to left side, step right back

S 21: SWEEP, SIDE, CROSS, KICK R DIAGONALLY , TOE STRUT, TOE STRUT, KICK R DIAGONALLY L, TOE STRUT, TOUCH, STEP

- 1-2 Left sweep (swing toes half circle outward) from front to behind right, right to right side
- 3&4 Cross left over right, kick right dia. to right side,step right back on toes then drop heel
- 5-6 Step left to left side on toes then drop heel, right kick dia. left forward
- 7&8 Step right back on toes then drop heel, touch left beside right, step right forward

S 22: STEP LEFT, PADDLE 1/4 R TURN, HITCH RIGHT DIAGONALLY, LOCK STEP, HITCH LEFT DIAGONALLY, LOCK STEP, STEP RIGHT FORWARD,

- 1-2 Step left forward, with left toes down twist heel outwards making a 1/8 turn right
 - 3-4 Step left forward, with left toes down twist heel outwards making a 1/8 turn right
- Finishing with left cross over right facing 3 o'clock**
- 5-6 Hitch right knee diagonally r, step left in behind right heel(knees touch) step right fwd.

7-8 Hitch left knee diagonally l, step right in behind left heel(knees touch) step left fwd.

S 23: PIVOT 1/2 L, FULL TURN, SIDE ROCK CROSS, SIDE, BACK R

1-2 Step right forward, pivot 1/2 left, facing 9 o'clock
3&4 Step right forward and turn left on right ball stepping right back,& left fwd.
5&6 Step right to right side,(left heel raises and sinks), cross right over left
7-8 Step left to left side, step right back

S 24: SWEEP, SIDE, WEAVE & STEP 1/4 TURN R, ROCK STEP, COASTER STEP

1-2 Left sweep (swing toes half circle outward) from front to behind right, right to right side
3-4 Cross left over right, right to right side
5& Step left behind right, step right forward making 1/4 right turn
6& Step left forward (right heel rises and sinks) facing 12 o'clock
7-8 Step left back, right beside left, step left forward

S 25: HEEL, HOOK, HEEL, COASTER STEP, STEP TURN 1/2 L, HEEL SWITCHES

1&2& Place right heel fwd.,cross right in front of left shin& toes touch down,right heel fwd. close
3-4 Step left back,right beside left, step left forward
5-6 Step right forward, turn 1/2 left facing 6 o'clock
7-8 Right heel forward, recover, left heel forward, recover

S 26: OUT R, OUT L, SQUAT, TOE HEEL TOUCH SIDE STEPS

1-2 Step right forward diagonally right, step left forward diagonally left
3& Bend knees & squat, straighten up,
4&5 Step right forward diagonally right, left toe touch behind right heel ,step back left
6& Right heel forward,right back slightly & left toe touch beside right heel
7-8 Step left to left side , right beside left

S 27: SHUFFLE FWD, STEP TURN 1/2 L, STEP TURN 1/2 L,Turn 1/4 L,TOUCH, KICK BALL CHANGE

1&2 Step left forward, close right beside left, step left forward
3&4 Step right forward, turn 1/2 left facing 12 o'clock, step right fwd.
5&6 Turn 1/2 left facing 6 o'clock, turn 1/4 left stepping left to left side, Touch right beside left facing 3 o'clock
7&8 Right kick fwd.,step right together, step left beside right

S 28: TOE HEEL TOUCHES, HEEL DRAG, STEP, STEP TURN 1/2 R, STEP TURN 1/4 R,TOE SWIVEL

1& Diagonal right step right fwd.,left toe touch beside right heel, step left back
2& Right toe touch behind left, right heel drop
3&4 Left heel forward,drag heel & drop toe beside right, small step right fwd.
5&6 Step left fwd.,1/2 turn right, (9) step left fwd., turn 1/4 right, close to right,12 o'clock
7-8 Swivel both toes to right side, swivel both toes to middle

S 29: SIDE ,TOUCH, KICK BALL CROSS, SIDE, TOUCH, KICK BALL CHANGE

1-2 Right to right side, touch left beside right,
3-4 Kick left forward,step left together, cross right over left
5-6 Step left to left side, touch right beside left
7-8 Kick right forward, step right together, left beside right

Ending:-

S 30: TOE SWIVEL R , HEEL SPLIT, TOE SWIVEL L, STOMP R, STOMP L

1-2 Swivel both toes to right side, swivel both toes to middle
3-4 Turn both heels outwards, (toes together) heels together,
5-6 Swivel both toes to left side, swivel both toes to middle
7-8 Stomp right, stomp left (hands go "up" to accompany stomps if desired)

Note: Also in Section 8 9 o'clock & S 27 a Shuffle Across(Rf over L)can be used instead of the turns, continuing with Touch, Kick Ball Change.

Not sure if there is a dance to this song already, but I couldn't find one.

Contact: magslinedance@outlook.com

Last Update - 28th Jan. 2018
