

I Lived It

拍数: 32 墙数: 2 级数: Beginner
编舞者: Karolina Ullerstam (SWE) - March 2018
音乐: I Lived It - Blake Shelton : (Album: Texoma Shore - 3:43)



Tag: 4 counts after wall 1 and after wall 4

Tag: 4 counts: RF rock step forward, recover and RF rock step back, recover

Intro: 16 counts, BPM 83

Section 1: Heel forward, toe back, shuffle forward x 2

1 Put RF heel forward (facing 12.00)
2 Put RF toe back
3 RF step forward
& LF step beside RF
4 RF step forward
5 Put LF heel forward
6 Put LF toe back
7 LF step forward
& RF step beside LF
8 LF step forward

Section 2: Heel grind with a ¼ turn right, rock step back and do a heel grind again with a ¼ turn right and a coaster step

1 Put RF heel forward
2 Turn ¼ right on RF heel (facing 03.00)
3 RF rock step back
4 Recover onto LF (weight on LF)
5 Put RF heel forward
6 Turn ¼ right on RF heel (facing 06.00)
7 RF step back
& LF step beside RF
8 RF step forward

Section 3: Weave with a side shuffle to the right and a ¼ turn right, step turn ½ right and shuffle turn ½ right

1 RF step right
2 LF step behind RF
3 RF step right
& LF step beside RF
4 RF turn ¼ right and step forward (facing 09.00)
5 LF step forward
6 LF turn ½ right ending with weight on RF (facing 03.00)
7 LF turn ¼ right stepping left (facing 06.00)
& RF step beside LF
8 LF turn ¼ right and step back (facing 09.00)

Section 4: Rock step back, recover, shuffle forward, side rock step left, recover and turn ¼ left, coaster step

1 RF rock step back
2 Recover onto LF (weight on LF)
3 RF step forward
& LF step beside RF
4 RF step forward

- 5 LF rock step left
- 6 Recover onto RF (weight on RF)
- 7 Turn $\frac{1}{4}$ left and step LF back (facing 06.00)
- & RF step beside LF
- 8 LF step forward

Tag: 4 counts after wall 1 and after wall 4:

- 1 RF rock step forward
- 2 Recover onto LF (weight on LF)
- 3 RF rock step back
- 4 Recover onto LF (weight on LF)

Enjoy!
