

Life Without Losing

拍数: 48 墙数: 4 级数: High Improver
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音乐: Life Without Losing - Sara Evans : (Album: Stronger - iTunes)



#32 count intro;

Section 1: SIDE DRAG, CROSS SHUFFLE. ½ HINGE TURN, SHUFFLE FORWARD.

1.2 Step right to side, big drag left towards right.
3&4 Shuffle right across in front of left, step RLR.
5.6 Turn ¼ right stepping back on left, turn ¼ right step right to right side.
7&8 Shuffle forward LRL. (6.00)

Section 2: FORWARD ROCK, ½ TURN SHUFFLE, ½ TURN BACK, COASTER STEP.

1.2 Step right forward, rock back on left.
3&4 Turn 180 degrees right, shuffle forward RLR.
5.6 Turn 180 degrees right, step left back, step right back.
7&8 Coaster: Step left back, step right together, step left forward. (6.00)

Section 3: ACROSS ¼ TURN, LOCK STEP BACK. ROCK BACK SHUFFLE FORWARD.

1.2 Step right across in front of left, step back on left turning 90 degrees right.
3&4 Step right back, lock left across in front of right, step back on right.
5.6. Step left back, rock forward on right.
7&8 Shuffle forward LRL. (9.00)

Section 4: HEEL & HEEL, PIVOT ¼, HEEL & HEEL PIVOT ¼.

1&2 Touch right heel forward, step right together, touch left heel forward.
&3.4 Step left together, step forward on right, pivot 90 degrees left, take weight onto left.
5&6 Touch right heel forward, step right together, touch left heel forward.
&7.8 Step left together, step forward on right, pivot 90 degrees left, take weight onto left (3.00)

Section 5: CROSS SIDE BEHIND ¼ TURN, PADDLE ¼ TURN, SAILOR STEP.

1.2 Step right across in front of left, step left to side.
3.4 Step right behind left, turn ¼ stepping left forward.
5.6. Paddle: Step right forward, turn ¼ left take weight onto left.
7&8 Sailor: step right behind left, step left to side, step right forward. (9.00)

Section 6: PIVOT ½ TURN, SHUFFLE FORWARD. FULL TURN. WALK FORWARD

1.2. Step forward on left, pivot 180 degrees right, take weight on right.
3&4 Left shuffle forward LRL
5.6. Full turn: turn 360 degrees left, take weight onto left.
7.8 Walk forward RL. (3.00)

[48] Begin again

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