

Life After Love

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Jonno Liberman (USA) - January 2020
音乐: Believe - Adam Lambert : (Single)



There is no intro, the dance begins as soon as the music begins.

[1-8] Back Sweep, Behind Side Cross Rock, Recover, 1/4, Spiral, 1/4 Walk, Walk, 1/8 Sweep, Sweep (4:30)

- 1, 2& Step R back as you sweep L back, Cross L behind R, Step R to right
3, 4& Face body to 1:30 as you cross L over R and raise both hands with palms facing up, Recover back onto R, Turn 1/4 left as you step L forward (9:00)
5, 6& Step R forward as you spiral a full rotation left and cross both arms over your chest, Step L 1/8 to 7:30, Step R 1/8 to 6:00
7, 8 Step L 1/8 to 4:30 as you sweep R forward, Step R forward as you sweep L forward

[9-16] Step, Lunge, Prep, Step, 1/2, 1/2 to 1/4 Sweep, Cross, 1/4, 1/2 Drag, Walk, Walk (10:30)

- 1, 2 Step L forward to 4:30 with weight on both feet as you open body to 6:00 and bring L arm up to R shoulder, Lunge forward onto L and open body to 4:30 as L arm relaxes and R arm reaches forward
3, 4& Shift weight back onto R as your body opens to 6:00 and you make your hands into fists (palm up) and bring them in to side of body, Step L to 4:30, Turn 1/2 left as you step R back (10:30)
5, 6& Turn 1/2 as you step L forward (4:30) and continue for another 1/4 as you sweep R forward (1:30), Cross R over L, Turn 1/4 right as you step L back (4:30)
7, 8& Turn 1/2 right as you step R forward while slightly rising up and dragging L toward R (push both hands downward as you raise up) (10:30), Step L forward, Step R forward

[17-24] 1/4 Kick-Hook, Cross, 1/4, Back Rock, 1/4 Recover, 1/4, 1/4 Sway, Sway, Turn Body 1/4, Walk, Walk (6:00)

- 1, 2& Turn 1/8 left (9:00) as you kick R to 10:30 then hook R across L, Cross R over L, Turn 1/4 right as you step L back (12:00)
3, 4& Rock R back, Turn 1/4 left as you recover onto L (9:00), Turn 1/4 left as you step R back (6:00)
5, 6 Turn 1/4 left as you step L to left and sway left (3:00), Sway right
7, 8& Shift weight to L as you turn your body and point R toe to 6:00, Step R forward (6:00), Step L forward

[25-32] Turn body 3/8, Walk, Walk, Open Spiral, Walk, Walk, Step Hitch, Back, Back (6:00)

- 1, 2& Step R forward as you turn your body and point L toe to 1:30, Step L forward (1:30), Step R forward
3, 4& Step L forward as you turn your body and point R toe to 6:00, Step R forward (6:00), Step L forward
5, 6& Step R forward and make a full left rotation finishing with L toe pointed forward, Step L forward, Step R forward
7, 8& Rock L forward as you hitch R and extend both hands forward with palms facing front, Step R back, Step L back

TAG: The tag will occur at the end of the 6th repetition, facing 12:00.

[1-6] Steps Back, Back, Back, 1/2 into Full Turn Sweep, Step, Hold & Raise Hand (6:00)

- 1, 2& Step R back, Step L back, Step R back
3, 4 Turn 1/2 left as you step L forward and begin to sweep R around (6:00) and continue sweeping right around as you spin an additional full rotation back to 6:00, Step onto R with weight on both feet (6:00)

5-6 Raise right hand with palm facing up, Bring right hand down as you begin dance again facing
6:00

Ending: After the tag, the music will begin to slow. You'll dance, slowing down with the music, to count 10, then slowly bring your hand down.

Dance Your Yaaas Off
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