拍数： 64
壇数： 2
级数：Phrased Intermediate
编舞者：Britt Beresik（USA）－April 2020
音乐：Semi－Charmed Life－Third Eye Blind

Part A－16 counts，Part B－ 32 counts，Tag－ 16 counts
AB Tag ，B ，AB Tag ，BBB Tag ，BBB－Tag ，AAA Ending
\＃16 count intro．
alt．music－Two Princes by Spin Doctors（note different phrasing AB Tag，B，Tag＋，BB Tag＋＋，B，Tag＋＋，BBB AAA．．．＋＝extra jazz box）

PART A＂Do－Do－Do，DoDoDo Dooo＂ 16 Counts
［1－8］R Kick \＆L Rock，L Kick \＆R Rock，R Cross Hops，Step，Heel Toe Heel
1\＆2\＆Kick R，Step R next to L，Rock L to L side，Recover R［12：00］
3\＆4\＆Kick L，Step $L$ next to $R$ ，Rock $R$ to $R$ side，Recover $L$
5\＆6\＆（5）Cross $R$ over $L$ ，（\＆6） 2 Hops on $R$ traveling to the $L$ side，（\＆）Step $L$ to $L$ side with slight bend in both knees
$7 \& 8 \quad$ Gradually straighten knees－（7）Twist $R$ heel toward $L$ ，（\＆）Twist $R$ toe toward $L$ ，（8）Twist $R$ heel toward $L$ taking weight on $R$ and ending in a full stand［12：00］
［9－16］L Kick \＆R Rock，R Kick \＆L Rock，L Cross Hops，Hip Bumps R－L
1\＆2\＆Kick L，Step L next to R，Rock R to R side，Recover L
3\＆4\＆Kick R，Step R next to L，Rock L to L side，Recover R
5\＆6\＆（5）Cross L over R，（\＆6） 2 Hops on $L$ traveling to the $R$ side，（\＆）Step $R$ to $R$ side with slight bend in both knees
7－8 Hip bump R with weight on $R$ foot，Hip bump $L$ with weight on $L$ foot［12：00］

## PART B 32 Counts

［1－8］Hip \＆HOLD，Together，Heel Grind（hip roll），Behind， $1 / 4 \mathrm{~L}$ Fwd，Fwd， $1 / 2$ Paddle Turn R with 2 L Paddles
1－2 Step R to $R$ side with Hip＂Sit＂（hip out to $R$ side，L knee bent），HOLD［12：00］
\＆3－4 Step L beside R，Press R Heel Grind to R side with clockwise hip roll，Recover L［angling upper body slightly to 1：30］
5\＆6 Cross R behind L，1／4turnL with L Step forward，Step R forward［9：00］
7\＆8\＆Touch $L$ toe forward， $1 / 4$ turnR unwind with weight on $R$ ，Touch $L$ toe forward， $1 / 4$ turnR unwind with weight on R ［3：00］
［9－16］1／4turnR L Scissor，R Scissor，Weave to L，L Side Mambo
1\＆2 With $1 / 4$ turnR－Step $L$ to $L$ side，Step $R$ beside L，Cross $L$ over R［6：00］
$3 \& 4$ Step R to R side，Step L beside R，Cross R over L
5\＆6\＆Step $L$ to $L$ side，Cross $R$ behind $L$ ，Step $L$ to $L$ side，Cross $R$ over $L$
7\＆8 Rock L to L side，Recover R，Step L beside R－taking weight on L［6：00］
［17－24］Hip \＆HOLD，Together，Heel Grind（hip roll），Behind， $1 / 4 \mathrm{~L}$ Fwd，Fwd， $1 / 2$ Paddle Turn R with 2 L Paddles －－－a Repeat of＂Part B［1－8］＂
1－2 Step $R$ to $R$ side with Hip＂Sit＂（hip out to $R$ side，$L$ knee bent），HOLD［6：00］
\＆3－4 Step L beside R，Press R Heel Grind to R side with clockwise hip roll，Recover L［angling upper body slightly to 7：30］
5\＆6 Cross $R$ behind $L$ ， $1 / 4$ turnL with $L$ Step forward，Step $R$ forward［3：00］
7\＆8\＆＊Touch $L$ toe forward， $1 / 4$ turn $R$ unwind with weight on $R$ ，Touch $L$ toe forward， $1 / 4$ turn $R$ unwind with weight on R ［9：00］

[^0](7) Touch $L$ toe forward, (\&) $1 ⁄ 2$ turnR unwind with weight on $R$, (8) Step $L$ forward with another 1/4turnR to continue into the Tag [6:00] for 4th"GOODBYE!"
[25-32] $1 / 4$ turnR L Scissor, R Scissor, Heel Bounce \& Unwind $1 / 2 t u r n L$
1\&2 With $1 \not 14$ turnR- Step $L$ to $L$ side, Step $R$ beside L, Cross L over R [12:00]
3\&4 Step R to R side, Step L beside R, Cross R over L
5-8 Bounce Heels 4 times and unwind ½turnL while shifting weight to $L$ [6:00]
TAG 16 Counts [Tag 1 \& 4 go from 6:00 to 12:00; Tag 2 \& 3 go from 12:00 to 6:00] [1-8] 4xSailors with $1 / 2$ turnR
1\&2 Cross $R$ behind $L$, Step $L$ to $L$ side, Step $R$ to $R$ side [6:00]
3\&4 Cross $L$ behind $R$, $1 / 4$ turn $R$ with Step $R$ to $R$ side, Step $L$ to $L$ side [9:00]
5\&6 Cross $R$ behind $L$, Step $L$ to $L$ side, Step $R$ to $R$ side
$7 \& 8 \quad$ Cross $L$ behind $R, 1 / 4$ turn $R$ with Step $R$ to $R$ side, Step $L$ to $L$ side [12:00]
[9-16] 3 Step Points, Heel Twists, Jazz Box
\&1\&2 Step $R$ beside $L$, Point $L$ to $L$ side, Step $L$ beside R, Point $R$ to $R$ side
\&3 Step $R$ beside $L$, Point $L$ to $L$ side
\&4 Twist both heels to $R$, Twist both heels to $L$ - shifting weight onto $L$
5-8 Cross R over L, Step L back, Step R to R side, Step L slightly forward [12:00]
ENDING:
Repeat "Part A" [1-4] but ending with a point and arms out [12:00]
1\&2\& Kick R, Step R next to L, Rock L to L side, Recover R
3\&4 Kick $L$, Step $L$ next to $R$, Point $R$ to $R$ side
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[^0]:    ＊B－on Last＂Part B＂（9th time）－You will hear 3rd＂GOODBYE！＂
    －change has $1 / 2$ Paddle Turn with 1 L Paddle instead of 2

