

Life Is A Lesson

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Darren Bailey (UK) & Fred Whitehouse (IRE) - February 2020
音乐: House Is a Building - Anderson East



Intro: 24 Counts

Restart 1 - Wall 3 after 12 Counts

Restart 2 - Wall 6 after 24 Counts

Tag - Wall 8 after 12 Counts

• **Step, Touch, Hold, Back, Sweep Back**

- 1 Step Forward on LF
- 2 Touch RF to R side
- 3 Pause
- 4 Step back on RF
- 5 Sweep LF from front to back
- 6 Continue to sweep (option to dance the sweep with an elegant hitch to finish)

• **Behind, Side Rock, Recover, Behind, Sway, Sway**

- 1 Cross LF behind RF
- 2 Rock RF to R side
- 3 Recover onto LF (opening body slightly to R)
- 4 Cross RF behind LF
- 5 Step LF to L side and sway to L (bringing body back to front wall)
- 6 Sway to R

Restart here on wall 3 (facing 6:00)

Add Tag here on wall 8 (facing 12:00) then start the dance from the beginning

• **Side, Rock Back, Recover, 1/4 turn R, 1/4 turn R with point, Hold**

- 1 Take a big step to L with LF
- 2 Make a small rock back on RF
- 3 Recover onto LF
- 4 Make a 1/4 turn and step forward on RF (facing 3:00)
- 5 Make a 1/4 turn R and touch LF to L side (facing 6:00)
- 6 Pause

• **1/4 turn L, Step, Pivot L, Step, Full Turn R**

- 1 Make a 1/4 turn L and step forward on LF (facing 3:00)
- 2 Step forward on RF
- 3 Make a 1/2 turn pivot L (facing 9:00)
- 4 Step forward on RF
- 5 Make a 1/2 turn R and step back on LF (facing 3:00)
- 6 Make a 1/2 turn R and step forward on RF (facing 9:00)

Restart here on wall 6 (facing 9:00)

• **Waltz Basic Forward, Back Sweeps x3**

- 1 Step forward on LF
- 2 Close RF next to LF (Can be danced as a LITTLE rock forward if you prefer)
- 3 Close LF next to RF (If you danced a LITTLE rock above this would be a recover)
- 4 Step back on RF and sweep LF from front to back
- 5 Step back on LF and sweep RF from front to back
- 6 Step back on RF and sweep LF from front to back

• **Behind, Side, Cross, Side, Hold x2**

- 1 Cross LF behind RF
- 2 Step RF to R side
- 3 Cross LF In front of RF
- 4 Step RF to R side (Counts 5-6 can be danced with a little Improvisation and drama, we like to raise our R hand from bottom to top, towards R diagonal)
- 5 Pause
- 6 Pause

• **Cross Rock, Recover, Back, 1/2 turn R, Step, Pivot 1/2 turn R**

- 1 Cross Rock LF In front of RF (facing 10:30)
- 2 Recover onto RF
- 3 Take a step back on LF in the direction 4:30
- 4 Make a 1/2 turn R and step forward on RF (facing 4:30)
- 5 Step forward on LF
- 6 Make a 1/2 turn pivot R (Facing 10:30)

• **Cross, Side, Back with 1/4 turn L, Back, 1/4 turn L into Sway x2**

- 1 Cross LF In front of RF
- 2 Step RF to R side (Squaring up to face 9:00)
- 3 Make a 1/4 turn L and step back on LF (Facing 6:00)
- 4 Step back on RF
- 5 Make a 1/4 turn L and step LF to L side Swaying to L (Facing 9:00)
- 6 Sway to R

TAG (danced on wall 8 after 12 Counts facing 12:00)

• **Sway L, Sway R**

- 1-3 Slowly sway to L
 - 4-6 Slowly sway to R
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