

Beautiful Life

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Joshua Talbot (AUS) - September 2020
音乐: Beautiful Life - Ace of Base : (Album: The Bridge - Remastered)



Intro: Starts 32 counts before the lyrics on the 4 heavy drum beats

Section 1: STOMP, STOMP, HOLD, BALL STEP, CROSS ROCK, ¼ SHUFFLE FWD

1, 2, 3 Stomp R fwd, stomp L to L side, hold
&4 Step R together, step L to L
5, 6 Cross rock R over L, recover weight L
7&8 ¼ R step R fwd, step L together, step R fwd

(Turning option: Replace the ¼ shuffle fwd with a 1½ triple turn. Doing triple turn will include count 1 in section 2)

Section 2: ¼ STOMP, KICK, BEHIND, SIDE, CROSS, STOMP KICK, BEHIND, SIDE, CROSS

1, 2 ¼ R stomp L to L, kick R to R side
3&4 Step R behind L, step L to L, step R over L
5, 6 Stomp L to L, kick R to R side
7&8 Step R behind L, step L to L, step R over L

Section 3: SIDE ROCK, CROSS SHUFFLE, ½ L, CROSS SHUFFLE

1, 2 Rock L to L, recover weight R
3&4 Cross L over R, step R to R, cross L over R
5, 6 ¼ L step R back, ¼ L step L to L
7&8 Cross R over L, step L to L, cross R over L

Section 4: SIDE ROCK, L SAILOR, R SAILOR, L ¼ SAILOR

1, 2 Rock L to L, recover weight R
3&4 Step L behind R, step R to R, step L to L
5&6 Step R behind L, step L to L, step R to R
7&8 ** Step L behind R, step R to R, ¼ L step L fwd**

Section 5: STEP, SCUFF, STEP, SCUFF, FWD ROCK, ½ SHUFFLE

1, 2 Step R fwd, scuff L next to R
3, 4 Step L fwd, scuff R next to L
5, 6 Rock R fwd, recover weight L
7&8 ½ R step R fwd, step L together, step R fwd

(Turning option: Replace the ½ shuffle with a 1½ triple turn)

Section 6: STOMP, STOMP, HOLD, BALL STEP, FWD ROCK, COASTER

1, 2, 3 Stomp L fwd, stomp R fwd, hold
&4 Step L together, step R fwd
5, 6 Rock L fwd, recover weight R
7&8 * Step L back, step R together, step L fwd*

Section 7: STEP, SCUFF, STEP, SCUFF, FWD ROCK, ½ SHUFFLE

1, 2 Step R fwd, scuff L next to R
3, 4 Step L fwd, scuff R next to L
5, 6 Rock R fwd, recover weight L
7&8 ½ R step R fwd, step L together, step R fwd

(Turning option: Replace the ½ shuffle with a 1½ triple turn)

Section 8: STOMP, STOMP, HOLD, BALL STEP, FWD ROCK, COASTER

1, 2, 3 Stomp L fwd, stomp R fwd, hold
&4 Step L together, step R fwd
5, 6 Rock L fwd, recover weight R
7&8 Step L back, step R together, step L fwd

[64]

Restarts:

***On wall 2 dance to count 48 (end of section 6) restart to front wall**

****On wall 3 & 5 dance to count 32 (end of section 4) restart to 9 & 3 o'clock**

Finish: Replace the last coaster with a L ½ shuffle

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