

How Do I Live

拍数: 44 墙数: 2 级数: Intermediate NC2S
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音乐: How Do I Live - LeAnn Rimes



A: WALL 1, 3, (44 COUNTS)
B: WALL 2, 4, 6 (32 Counts) WITH A TAG
C: WALL 5 (34 COUNTS) WITH A TAG (6:00)
TAG (2 COUNTS) : RF Step 1/ 8 turn/ L/R Sway

[1 - 8] NC BASIC L/R, LF 1 /4 TURN LEFT, FULLTURN LEFT, RF STEP FORWARD, LF ROCKSTEP

1, 2 & NC Basic (LF to the left Side (1) RF behind the LF (2) LF Cross over RF (&)
3, 4 & NC Basic (RF to the right Side (3) LF behind the RF (4) RF Cross over LF (&)
5, 6 & LF ¼ turn to the left (5), Fullturn left (RF ½ turn (6), LF ½ turn (&)
7, 8 & RF Step forward (7), LF Rockstep recover on RF (&)

[9 - 16] LF STEP BACKWARD, RF SAILORSTEP, LF 1/4 TURN SAILORSTEP, RF ROCKSTEP , L/R SWAY WITH RF STEP SIDE

1, 2 & LF Step back (1), RF Sailorstep (RF back (2) LF beside RF (&))
3, 4 & RF beside LF (3), LF Sailorstep 1/4 Turn left (4) RF beside LF (&)
5, 6 & LF beside RF (5), (RF forward (6) recover LF (&)
7, 8 & RF backwards (7) recover LF with a sway (8) RF Sway with a Step to the Side right (&)

[17 - 24] L/R /L NC BASIC, RF ¼ TURN LEFT, LF STEP BACKROCK, RECOVER ON RF

1, 2 & NC Basic (LF to the left Side (1) RF behind the LF (2) LF Cross over RF (&)
3, 4 & NC Basic (RF to the right Side (3) LF behind the RF (4) RF Cross over LF (&)
5,6 & NC Basic (LF to the left Side (5) RF behind the LF (6) LF Cross over the RF (&)
7, 8 & RF ¼ turn left (7), LF Step back(8), recover on RF (&)

[25 - 32] L/R STEP FORWARD, ½ TURN OVER THE LEFT SHOULDER, R/L STEP FORWARD ½ TURN OVER THE RIGHT SHOULDER, START WITH A DIAMOND, RF STEP 1/8 TURN, RF /LF STEP FORWARD, TURN RF/LF STEP BACKWARD

1, 2 & LF Step forward (1), RF Step forward (2) ½ turn left over the left shoulder (&)
3, 4 & RF Step forward (3), LF Step forward (4), 1/8 turn over the right shoulder diagonal (&)
5, 6 & Start with the Diamond diagonal LF Step forward (5) RF forward (6)/ LF forward (&)
7, 8 & diagonal RF Step back (7), LF back (8), RF Step back (&)

B ENDING ON WALL 2, 4, 6 (12:00) with a TAG (RF Step ½ turn, L /R Sway)

C ENDING WALL 5 (34 COUNTS) (6:00) with a TAG
(RF Step 1/ 8 turn, L/R Sway)

[33 - 40] L/R /L STEP DIAGONAL FORWARD, R/L /R STEP BACKWARDS, LF ½ TURN, R/L STEP FORWARD WITH A SWEEP, RF ROCKSTEP FORWARD

1, 2 & diagonal LF Step forward (1), RF Step forward (2), LF Step forward (&)
 ENDING WALL 5 WITH A TAG
3, 4 & diagonal RF Step backwards (3), LF Step backwards (4), RF Step backwards (&)
5, 6 LF Step ½ turn forward (5) (facing 3 °), RF Step with a Sweep Forward (6)
7, 8 & LF Step forward with a Sweep forward (7), RF Rockstep forward (8) recover LF (&)

[41 - 4 4] RECOVER ON LF, RF WITH A SWEEP BACKWARDS, LF WITH A SWEEP BACKWARDS, RF ¼ TURN WITH A SWAY L /R

1, 2 RF Step backwards (1) LF backwards with a Sweep (2)
3, 4 & RF ¼ Turn (3), Left Sway (4), Right Sway (&)

Start again

Last Update: 18 Aug 2022
