

Time to Be Alive

拍数: 32 墙数: 4 级数: Improver
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音乐: Time To Be Alive - The Wolfe Brothers : (Album : Kids on Cassette))



Intro : 8 counts - No tag, No Restart

[1-8] ROCKING CHAIR, STEP 1/4 TURN, CROSS SHUFFLE

1-2 Rock step right fwd, recover on left
3-4 Rock back on right, recover on left
5-6 Right step fwd, Turn 1/4 left and weight on left 9:00
7&8 Right cross over left, left to left, right cross over left

[9-16] SIDE ROCK with HEELS TWIST, RECOVER, BEHIND SIDE CROSS, SIDE, HOLD & CLAP, & SIDE, TOUCH & CLAP

1 Side rock on left to left with swivel both heels to the left
2 Recover heels to the center and weight on right
3&4 Left cross behind right, right to right, left cross over right
5-6 Right step to the right, Hold & Clap
& Left next to right
7-8 Right step to the right, Touch left next to right + Clap

[17-24] ROLLING VINE TO LEFT, TOUCH, SIDE, CROSS POINT, SIDE, CROSS POINT

1-3 1/4 turn left stepping left fwd, 1/2 T left stepping right back, 1/4 T left & left to left
4 Touch right next to left
5-6 Right to right side, Touch left toe fwd cross over right
7-8 Left to left side, Touch right toe fwd cross over left

Style option : On counts 5 & 7, raise your arms up, and on counts 6 & 8, drop your arms to your sides + SNAP

[25-32] SIDE TRIPLE STEP, COASTER STEP, V STEP

1&2 Triple step right - left - right to right side
3&4 Left step back, right next to left, left fwd
5-6 Right in diagonally right fwd, left in diagonally left fwd
7-8 Recover on right back, left next to right

HAVE FUN & ENJOY !