

Key To Life

拍数: 128 墙数: 0 级数: Phrased Advanced
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音乐: Key to Life - BEXAR



Seq: A - B - A32* - A - B - A32* - B32- A32* - B - A

Part A

RF Diagonal FWD, Touch LF, LF diagonal Back, Kick RF, Kick LF, Kick RF, Flick LF, Stomp RF

1,2 Set RF diagonal forward, set LF behind RF
3,4 Stand LF diagonally back, kick RF forward
5,6 Kick LF forward, jumping RF backward, kick RF forward, jumping LF backward
7,8 Set down RF, bounce LF backward and stomp LF next to RF

Swivet L, Swivet R, ½ Turn R, Scoot 2x R, Rock Back R, Hook R

1,2 Turn both toes to the left (LF on heel, RF on ball of foot), turn back to center
3,4 Turn both toes to the right (RF on heel, LF on ball of foot), turn back to center
5,6 Pull right knee up and hop ½ turn right on LF (hop 2x)
7,8 RF to back, lift LF slightly, weight back on RF and bounce RF up backward

Step Lock Step R, Hook L, ¼ Turn R, Hook R, ¼ Turn, Step FWD R, Stomp L

1,2 RF step forward, LF cross in behind RF
3,4 RF step forward, pull LF up behind right leg
5,6 ¼ right turn and put LF down. ¼ right turn and cross RF in front of LF
7,8 RF step forward, LF stomp up beside RF.

Toe L, Heel L, Swivet L, Swivet R ¼ Turn*, Hook R, Step FWD R, Scuff L

1,2 Turn left toe to the left, turn left heel to the left.
3,4 Turn both toes to the left (LF on heel, RF on ball of foot), turn back to center
5,6 *Turn both toes to the right (RF on heel, LF on ball of foot), making a ¼ turn to the right and cross RF in front of left knee
7,8 *RF step forward, LF strong ground stride beside RF.

Weave L, ¼ Turn L, Rock Step L, ¾ Turn L, Scuff R

1,2 Step LF to the left, cross RF behind LF
3,4 Turn LF to the left, cross RF in front of LF
5,6 ¼ turn left and step LF forward, lift RF and put weight back on RF
7,8 ¾ Left turn and LF step forward, RF strong floor stride forward

Weave R, ¼ Turn R, Rock Step R, ½ Turn R, Stomp L

1,2 Place RF to right, cross LF behind RF.
3,4 Turn RF to the right, cross LF in front of RF
5,6 ¼ turn right and step RF forward, lift LF and put weight back on LF
7,8 ½ right turn and RF step forward, LF stomp up beside RF

Step diagonal FWD L, Touch R, Step diagonal back R, Touch L, Shuffle diagonal L

1,2 LF step diagonal forward, RF step down behind LF
3,4 RF step diagonal back, put down LF next to RF
5,6 LF step diagonally forward, pull RF to LF
7,8 LF step diagonally forward, set down RF beside LF

Step diagonal FWD R, Touch L, Step diagonal back L, Touch R, Shuffle diagonal R

1,2 RF step diagonal forward, put down LF behind RF

- 3,4 LF step diagonal back, set down RF next to LF
- 5,6 RF step diagonally forward, pull LF close to RF
- 7,8 RF step diagonally forward, put down LF next to RF

***Whenever only 32 counts are danced from Part A, please dance in Section 4, counts 5-8 like this:**

Swivet R, Kick R, Hook R

- 5,6 Turn both toes to the right (RF on heel, LF on ball of foot), turn back to center
- 7,8 Kick RF forward, cross RF in front of left knee

Part B

Out- Out, ½ Turn Flick R, Out- Out, ½ Turn Flick R, Out- Out, ½ Turn Flick L, Out- Out, ½ Turn Flick R

- 1,2 Jump out with RF and LF at the same time, bounce ½ right turn on the LF and bounce RF up to the back (6:00).
- 3,4 Jump out with RF and LF at the same time, ½ right turn bounce on LF and let RF bounce up to the back (12:00)
- 5,6 Jump outward with RF and LF at the same time, ½ left turn bounce on RF and let LF bounce up backward (6:00)
- 7,8 Jump out with RF and LF at the same time, ½ right turn bounce on LF and let RF bounce up to the back (12:00)

Out- Out, Flick R, Rock Back R, Kick L, Out- Out, ½ Turn Flick L, Out- Out, Flick R

- 1,2 Jump out with RF and LF at the same time, hop on the LF and let RF rocket up to the back.
- 3,4 Jump backward with RF and kick LF forward, weight back on LF and bounce RF up backward
- 5,6 Jump outward with RF and LF at the same time, bounce ½ left turn on RF and let LF bounce up backward
- 7,8 Jump outward with RF and LF at the same time, hop on LF and let RF bounce up backward

Rock Back R, Kick L, Rock FWD R, Kick R, Rock Back R, Kick L, Rock FWD R, Kick R

- 1,2 Jump RF backward, kick LF forward, weight back on LF
- 3,4 Jump RF forward, kick LF up backward, weight back on LF
- 5,6 Jump RF back, kick LF forward, weight back on LF
- 7,8 RF jump forward, LF bounce back, weight back on LF and kick RF forward

Kick L, Cross L, Kick L, Stomp 2x R, Rock Back R, Flick R

- 1,2 Kick LF forward and cross over RF, let RF bounce up backwards
- 3,4 Weight back on the RF and kick LF forward, jump on the LF and let RF bounce up backward
- 5,6 2 x stomp with the RF next to the LF
- 7,8 jump back with RF, kick LF forward, weight back on LF and let RF bounce up backward

Weave R, Side Rock cross R, Hold

- 1,2 turn RF to the right, cross LF behind RF
- 3,4 turn right, cross left in front of right
- 5,6 Stand RF to right, lift LF and put weight back on LF
- 7,8 Cross RF over LF, hold

Step FWD L, ½ Turn R, Hook R, Step FWD R, Flip Side L, Scoot L with Hook 2x, Stomp L, Stomp R

- 1,2 Place LF forward, ½ turn right and cross RF in front of left knee.
- 3,4 Step RF forward, flip LF up to left while slapping foot with left hand
- 5,6 Hop forward on RF 2x, pulling LF up and turning sole of foot first to outside right, then turning to outside left
- 7,8 Stomp LF in front, stomp RF in front

Out- Out, ½ Turn Flick R, Out- Out, ½ Turn Flick R, Out- Out, ½ Turn Flick L, Out- Out, Flick R

- 1,2 Jump out with RF and LF at the same time, bounce ½ turn right on the LF and bounce RF up to the back.

- 3,4 Jump out with RF and LF at the same time, ½ right turn bounce on LF and let RF bounce up backwards
- 5,6 Jump outward with RF and LF at the same time, bounce ½ left turn on the RF and let the LF bounce up backward
- 7,8 Jump outward with RF and LF at the same time, hop on LF and let RF bounce up backward

Rock Back R, Stomp 2x R, Rock Back R, Stomp R, Hold

- 1,2 Hop RF back, kick LF forward, weight back on LF
 - 3,4 Stomp 2x with the RF next to the LF
 - 5,6 Bounce RF back, kick LF forward, weight back on LF
 - 7,8 Stomp RF next to LF, hold
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