

This Is My Life

拍数: 62 墙数: 2 级数: Improver
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音乐: This Is My Life - Kim Larsen



Restart in wall 5 after 32 counts

Intro: 16 counts (start dancing just before he starts to sing) - BPM 126

Section 1: Rumba Box starting right

- 1 RF step right (facing 12.00)
- 2 LF step right beside RF
- 3 RF step forward
- 4 LF touch beside RF
- 5 LF step left
- 6 RF step left beside LF
- 7 LF step back
- 8 RF touch beside LF

Section 2: Turn $\frac{1}{4}$ right and make a Rumba Box starting right

- 1 Turn $\frac{1}{4}$ right and step RF right (facing 03.00)
- 2 LF step right beside RF
- 3 RF step forward
- 4 LF touch beside RF
- 5 LF step left
- 6 RF step left beside LF
- 7 LF step back
- 8 RF touch beside LF

Section 3: Steps right, turn $\frac{1}{4}$ right and scuff, step turn $\frac{1}{2}$ right and step LF forward and hold

- 1 RF step right
- 2 LF step right beside RF
- 3 Turn $\frac{1}{4}$ right and step RF forward (facing 06.00)
- 4 LF scuff beside RF
- 5 LF step forward
- 6 Turn $\frac{1}{2}$ right on ball of LF (weight on LF) ending with weight on RF (facing 12.00)
- 7 LF step forward
- 8 Hold

Section 4: Full turn forward left, hold, rock step forward and back

- 1 RF step forward turning $\frac{1}{2}$ left (facing 06.00)
- 2 LF step backwards turning $\frac{1}{2}$ left (facing 12.00)
- 3 RF touch beside LF
- 4 Hold
- 5 RF rock step forward
- 6 Recover onto LF (weight on LF)
- 7 RF rock step back
- 8 Recover onto LF (weight on LF)

Section 5: Kick twice forward and make a coaster step RF and LF

- 1 RF kick forward
- 2 RF kick forward

- 3 RF step back
- & LF step beside RF
- 4 RF step forward
- 5 LF kick forward
- 6 LF kick forward
- 7 LF step back
- & RF step beside LF
- 8 LF step forward

Section 6: Lock step forward, rock step forward and then make 1 ¼ turn left backwards and touch beside

- 1 RF step forward
- 2 LF step slightly behind RF while bending your knees slightly
- 3 RF step forward
- 4 LF touch beside RF
- 5 LF rock step forward
- 6 Recover onto RF (weight on RF)
- 7 LF step backwards turning ½ left (facing 06.00)
- & RF step forward turning ½ left (facing 12.00)
- 8 Turn ¼ left stepping left (facing 09.00)
- & RF touch beside LF

Section 7: Steps right and left ending with ¼ turn left and stepping forward

- 1 RF step right
- 2 LF step beside RF
- 3 RF step right
- 4 LF touch beside RF
- 5 LF step left
- 6 RF step beside LF
- 7 Turn ¼ left stepping LF forward (facing 06.00)
- 8 RF touch beside LF

Section 8: Rock step forward and back ending with 2 stomps in place

- 1 RF rock step forward
- 2 Recover onto LF (weight on LF)
- 3 Rock step back
- 4 Recover onto LF (weight on LF)
- 5 RF stomp in place
- 6 RF stomp in place

Enjoy this great track from 1977 with one of Denmark's greatest rock singer Kim Larsen!

Here I also would like to thank my good friends for great dancing in the dance demo video: Hanne Borchmann, Karin Jönsson och Heike Stein.
