

Single Life

拍数: 32 墙数: 4 级数: Improver
编舞者: Vikki Morris (UK) - September 2022
音乐: Single Life - Brad Cox : (Amazon)



Start: 32 counts on the word "He"

S1: R Side, L Tog, R Shuffle, L Rock, Recover R, L Sailor ¼ L

1 2 Step Right to Right side, Step Left next to Right
3&4 Step forward Right, Step Left next to Right, Step forward Right
5 6 Rock forward Left, Recover on Right
7&8 Turn ¼ turn Left as you cross Left behind Right, Step Right to Right side, Step Left to Left side (9.00)

S2: R Cross, L Side, R Cross Behind, Point L, L Cross, R Side, L Behind, R Side, L Cross

1 2 Cross Right over Left, Step Left to Left side
3 4 Cross Right behind Left, Point Left to Left side
5 6 Cross Left over Right, Step Right to Right side
7&8 Cross Left behind Right, Step Right to Right side, Cross Left over Right

S3: R Side Rock, Recover L, Step R, L Side Rock ¼ L, Rock Back L, Recover R, L Shuffle

1 2& Rock Right to Right side, Recover on Left, Step Right next to Left
3 4 Rock Left to Left side, Recover on Right as you turn ¼ turn Left (6.00)
5 6 Rock back Left, Recover on Right
7&8 Step forward Left, Step Right next to Left, Step forward Left

****RESTART HERE ON WALL 5 FACING 6.00****

S4: Pivot ¼ L, R Cross Shuffle, ½ Hinge Turn R, L Cross Shuffle

1 2 Step forward Right, Pivot ¼ turn Left (3.00)
3&4 Cross Right over Left, Step Left to Left side, Cross Right over Left
5 6 Turn ¼ turn Right stepping back on Left, Turn ¼ turn Right stepping Right to Right side (9.00)
7&8 Cross Left over Right, Step Right to Right side, Cross Left over Right

Restart: Wall 5 after 24 counts (end of S3) – facing 6.00

TAG: End of wall 9 facing 6.00 (start 9.00)

R Side Rock, Recover L, R Back Rock, Recover L

1 2 Rock Right to Right side, Recover on Left
3 4 Rock Back Right, Recover on left

Last Update – 3 Nov. 2022