

Y'all Life

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Gail Smith (USA) - October 2022
音乐: Y'all Life - Walker Hayes



INTRO: 16 Counts to the slower beat.

OUT-OUT-IN-IN, OUT-OUT-IN-IN, SCUFF-HITCH-STEP, COASTER STEP

1 & 2 & Step R out to side, Step L out to side, Step R to center, Step L next to R
3 & 4 & REPEAT 1 & 2 & (Song says Double Dutch in the park)
5 & 6 Scuff R heel fwd, Hitch R knee up, Step R back
7 & 8 Step L back, Step R next to L, Step L fwd

Step Option 1 - 4 &: Jog in place. Depends on your floor surface and individual capabilities. May be done syncopated or whole counts. Do what's best for you!

STEP-1/4-CROSS, 1/4-1/4-CROSS, SHUFFLE SIDE R, CROSS ROCK-REC-STEP

1 & 2 Step R fwd, Pivot 1/4 L, Step R over L 9:00
3 & 4 1/4 turn R stepping L back, 1/4 turn R stepping R to side, Step L over R 3:00
5 & 6 Step R to side, Step L next to R, Step R to side
7 & 8 Rock L across R, Rec onto R, Step L to side

SKATES R-L, CROSS ROCK-REC-STEP, SWIVELS TRAVELING R, FWD SWIVELS

1 Slide R towards L foot in a sweeping motion, pushing outward to R diagonal
2 Slide L towards R foot in a sweeping motion, pushing outward to L diagonal
3 & 4 Rock R across L, Rec onto L, Step R to side - toes angled inward
5 Swivel R toes to R AND swivel L heel in towards R foot (traveling R)

ARMS optional: Bend at elbow bringing arms outward, palms facing fwd.

& Swivel R heel out to R AND L toes in towards R foot (traveling R)

ARMS optional: Turn arms downward, palms facing back.

6 Swivel R toes to R AND swivel L heel in towards R foot (traveling R)

ARMS optional: Bend at elbow bringing arms outward, palms facing fwd.

(Easier side swivels option: Swivel BOTH heels, BOTH toes, BOTH heels traveling R.)

7&8& On balls of feet, travel fwd R,L,R,L - Swiveling heels outward each time. Knees Bent. Arms at your side. Palms facing down, OR do jazz hands!

(Song says, We going down, down baby.)

******* RESTART here on wall 3. Dance starts facing 6:00. Restart happens facing 9:00**

RESTART here on wall 6. Dance starts facing 3:00. Restart happens facing 6:00

RESTART here on wall 7. Dance starts facing 6:00. Restart happens facing 9:00

CHUGS L - 1/4, 1/4, 1/4, STEP FWD, CHUGS R - 1/4, 1/4, 1/4, STEP FWD

1 Turn 1/4 L on ball of L foot and Tap R toes out to side 12:00
& Slight hitch R knee towards L knee while turning 1/4 L on ball of L foot 9:00
2 Tap R toes out to side
& Slight hitch R knee towards L knee while turning 1/4 L on ball of L foot 6:00
3 - 4 Tap R toes out to side, Step R slightly fwd
5 Turn 1/4 R on ball of R foot, Tap L toes out to side 9:00
& Slight hitch L knee towards R knee while turning 1/4 R on ball of R foot 12:00
6 Tap L toes out to side
& Slight hitch L knee towards R knee while turning 1/4 R on ball of R foot 3:00
7 Tap L toes out to side
8 Step L slightly fwd

START AGAIN

When the song ends, you will finish the first 8 counts of the dance facing 12:00!

Last Update - 20 Dec 2022 - R2
