

Life

拍数: 0 墙数: 0 级数:
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音乐: Do This Life - High Valley & Alison Krauss



Intro : 16 count

SECTION 1 : STEP -LOCK -STEP , STEP – LOCK – STEP , STEP HALF TURN , FULL TURN.

- 1&2 Step right forward to right diagonal , cross left behind right , step right forward to right diagonal.
3&4 Step left forward to left diagonal , cross right behind left , step left forward to left diagonal .
5,6 Step right forward , turn ½ left (weight on left) , (06.00)
7,8 Turn ½ left whit step right back, turn ½ left whit step left forward. (06.00).

SECTION 2 : ROCK STEP RIGHT - COASTER STEP RIGHT - HEEL GRIND ¼ TURN LEFT – SCISSOR CROSS LEFT.

- 1,2 Step right forward , recover to left .
3&4 Step right back , step left next right , step right forward.
5,6 Left heel grind ¼ turn left , recover right.
7&8 Left step side , right step beside , left step cross over.

SECTION 3 : SIDE SHUFFLE RIGHT, TURN ¼ LEFT SIDE SHUFFLE LEFT , SAILOR STEP RIGHT , STEP HALF TURN.

- 1&2 Step right to right side , step left next right , step right to right side .
3&4 Turn ¼ left whit step left to left side , step right next left , step left to left side .(12.00)
5&6 Cross right behind left , step left to side , step right to side (out – out) slightly diagonally.
7,8 Step left forward , turn ½ right .(weight step right .) (06.00).

SECTION 4 : KICK BALL POINT , KICK BALL POINT , SAILOR STEP LEFT , KICK BALL STEP.

- 1&2 Kick left forward , left beside right , touch right toe to right .
3&4 Kick right forward , right beside left , touch left toe to left .
5&6 Cross left behind right , step right to side , step left to side (out – out) slightly diagonally.
7&8 Kick right forward , right beside left , step left forward.

TAG : (4 COUNT) HEEL GRIND , COASTER STEP LEFT

- 1,2 Left heel grind , recover right (06.00)
3&4 Step left back, step right next left , step left forward.

At The 2 Wall, And At The 4 Wall, And At The 9 Wall, After 12 Counts, The Count 5,6, 7&8 Of The Section 2, They Must Be Replaced With The Tag

Restart : At The 2 Wall, And The 4 Wall After The Tag (12.00), And The 9 Wall After The Tag (06.00)

Final : Half Turn ½ To Right, With Stomp Right Forward (12.00).