

Do This Life

拍数: 32 墙数: 2 级数: High Beginner
编舞者: Cathy Breed (AUS) - April 2023
音乐: Do This Life - High Valley : (Album: Way Back - iTunes)



Intro: Starts after 2 Counts on word 'I' - No Tags or Restarts

SIDE SHUFFLE, BACK, ROCK, SIDE SHUFFLE, BACK, ROCK

1&2 Step R to right, Step L beside right, Step R to right
3-4 Rock L back, Rock forward onto R
5&6 Step L to left, Step R beside left, Step L to left
7-8 Rock R back, Rock forward onto L

ROCKING CHAIR, STEP, PIVOT, STEP, PADDLE

1-2-3-4 Step R forward, Rock back onto L, Step R back, Rock forward onto L
5-6-7-8 Step R forward, Turn 1/2 left weight L, Step R forward, Turn 1/4 left weight L

SHUFFLE FORWARD, FORWARD, ROCK, SHUFFLE BACK, BACK, ROCK

1&2 Step R forward, Step L beside right, Step R forward
3-4 Step L forward, Rock back onto R
5&6 Step L back, Step R beside left, Step L back
7-8 Step R back, Rock forward onto L

1/4 JAZZ BOX, JAZZ BOX

1-2-3-4 Step R across left, Step L back, Turn 1/4 right step R forward, Step L beside right
5-6-7-8 Step R across left, Step L back, Step R to right, Step L beside right

Start dance again! Enjoy! ♦
