

Double Life

拍数: 32 墙数: 4 级数: Improver
编舞者: Hiroko Carlsson (AUS) - November 2023
音乐: Double Life - Cold War Kids : (Apple Music/Deezer/Spotify)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(Dance starts on the word "2006")

[S1] Dip-Heel-Dip-Heel, Walk Fwd, Kick

1 2 Step R to side (dip), Touch L heel slightly forward
3 4 Step L to side (dip), Touch R heel slightly forward
5 6 7 Walk forward on R-L-R
8 Kick forward on L

[S2] Dip-Heel-Dip-Heel, Walk Back, Touch

1 2 Step L to side (dip), Touch R heel slightly forward
3 4 Step R to side (dip), Touch L heel slightly forward
5 6 7 Walk back on L-R-L
8 Touch R beside L

[S3] Back Rock, Step-Pivot 1/4L, Fwd Rock, Touch-Unwind 1/2R

1 2 Rock back on R, Replace weight on L
3 4 Step forward on R, Make a ¼ turn left recover weight on L (9:00)
5 6 Rock forward on R, Replace weight on L
7 8 Touch back on R, Unwind ½ turn right recover weight on R (3:00)

[S4] Step-Pivot 1/4R, Extended Weave R, 1/4L Ball Turn w/ Hitch

1 2 Step forward on L, Make a ¼ turn right recover weight on R (6:00)
3 4 Cross L over R, Step R to the side
5 6 7 Step L behind R, Step R to the side, Cross L over R
8 Make a ¼ turn on ball of L foot/hitch R knee (3:00)

No tags or restarts

(updated: 8/Nov/23)
