

All My Life

拍数: 56 墙数: 4 级数: Intermediate
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音乐: All My Life - Falling In Reverse & Jelly Roll



Walk forward, kick, walk back, tap

1-2-3-4 Walk forward right, left, right, kick left forward
5-6-7-8 Walk back left, right, left, tap right

Heel, heel, heel, heel, step touch, ¼ turn

1-2-3-4 Right heel, left heel, right heel, left heel
5-6-7-8 step touch LF to RF diagonally, RF to LF, LF to RF, RF to LF while turning ¼ to the left

Heel toe

1-2 step right heel to right, grind heel, toe forward
3-4 step right heel to right, grind heel, toe forward
5-6 step left heel to left, grind heel, toe forward
7-8 step left heel to left, grind heel, toe forward

kick, pivot, stomp

1-2 kick RF forward, kick LF forward
3-4 Pivot step starting forward on your RF, turn facing 3:00 wall
5-6 Pivot step starting forward on your RF, turn facing 9:00 wall
7-8 RF stomp, LF stomp

Cross step

1-2-3-4 Step RF Right, cross LF back to the right, step RF to the right, cross LF in front of right
5-6-7-8 Step RF Right, cross LF back to the right, step RF to the right, cross LF in front of right

Cross step

1-2-3-4 Cross RF left forward, step LF left, cross RF back to the left, step LF to the left
5-6-7-8 Cross RF left forward, step LF left, cross RF back to the left, step LF to the left

Kick, ¼ turn

1-2-3-4 Kick RF, kick LF, kick RF, kick LF
5-6-7-8 step touch LF to RF diagonally, RF to LF, LF to RF, RF to LF while turning ¼ to the left

Repeat first 48 counts

RESTART

Repeat first 32 counts

RESTART

Repeat first 16 counts

TAG (32 counts)

Jump kick, hitch, kick

1-2 Jump, kick LF
3-4 kick RF, kick LF
5 & 6 kick Rf, hitch, jump diagonally forward on RF
7 & 8 kick left leg back, jump back on LF, kick RF out

Step right, step left

1 & 2 step to the right twice
3 & 4 step to the left twice
5 & 6 step to the right twice
7 & 8 step to the left twice

Jump Kicks

1-2 kick right, kick left
3-4 kick right kick right
5-6 kick left, ¼ while kicking right
7-8 kick left, kick right

Jump kicks, clap

1-2 diagonal shuffle right
3-4 diagonal shuffle left
5-6 kick right leg up, clap under, step back RF
7-8 step back RF, ¼ turn to the left while stepping LF forward

RESTART

Repeat first 32 counts

RESTART

Repeat first 32 counts

END
