

Life

拍数: 32 墙数: 2 级数: Beginner / Intermediate - Country
编舞者: Antonio Manigas (IT) - August 2024
音乐: What A Life - Russell Dickerson



****Restarts after 16 counts to 3th and 5th repetition****

S1) ROCK RECOVER R., COASTER STEP, STOMP L., HOLD, ROCK RECOVER

1 – 2 Setp Right Forward , Return To Left
3 & 4 Step Right Backward , Step Left Beside Right , Step Right Forward
5 – 6 Step Left Forward And Stomp , Hold
7 – 8 Step Right Forward , Return To Left

S2) COASTER STEP , PIVOT, TURN ½ BACK SHUFFLE R., ROCK RECOVER

1 & 2 Step Right Backward , Step Left Beside Right , Step Right Forward
3 – 4 Step Left Forward , Turn ½ (06:00)
5 & 6 Turn Back ½ (00:00) And Step Left Backward , Step Right Beside Left , Step Left Backward
7 – 8 Step Right Backward , Return To Left

S3) FLICK R., CROSS , CHASSE' L., CROSS RECOVER , TURN ¼ ROCK , TURN ¼ SCUFF L.

1 – 2 Flick Right And Slap , Cross Right Over Left
3 & 4 Step Left To Left Side , Step Right Beside Left , Step Left To Left Side
5 – 6 Step Right Diagonally Forward And Cross Over Left , Return To Left
7 – 8 Turn ¼ To Right (03:00) And Step Right Forward , Turn ¼ To Right (06:00) And Scuff Left

S4) JAZZ BOX , STOMP UP R., HEEL SWITCHES R. & L., FLICK R., SCUFF R.

1 – 2 Cross Step Left Over Right , Step Right To Side
3 – 4 Step Left Backward , Step Right Forward And Stomp Up
&5 - &6 Step Right Forward And Heel , Return Beside Left , Step Left Forward And Heel , Return Beside Right
7 – 8 Flick Right , Scuff Right
