

# 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

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