

Life Begins At 40!

拍数: 32 墙数: 4 级数: Intermediate/Advanced
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音乐: Healing Hands - Elton John



POINT, POINT & SWITCH, SAILOR STEP, STAB TURNS, LOCK SHUFFLE

1-2&3 Point right toe forward, point right toe to right side, bring right foot beside left and switch left toe point to left side
4&5 Left sailor step
&6&7 Hitch right turning ¼ turn left point right out to side, repeat
8&1 Right lock shuffle forward traveling to left diagonal

POINT, FLICK, CROSS BACK, BACK, COASTER STEP, STEP TO SIDE

2-3 Touch left toe to left side, flick (low kick) left foot to left diagonal
4&5 Cross left over right, step right back, step left back (traveling back)
6&7 Right coaster step
8 Step left to left side

CLAPS, ROCK, SWIVEL, SWIVEL, CROSS SHUFFLE, RONDE ¼ TURN RIGHT

&1 Clap hands twice
2-3 Cross rock right foot over left, rock back on left
4-5 Step right foot to right side swiveling (skate) to right diagonal, step left to left side swiveling (skate) to left diagonal
6&7 Right cross shuffle over left (traveling left)
8-1 Ronde left foot sweeping ¼ turn to right, touching left beside right

& ROCK, KICK CROSS POINT, HEEL BALL CROSS, ROCK TO SIDE, RECOVER SLIDE

&2 Rock (small step to left side) left foot to left and recover weight onto right foot
3&4 Kick left foot forward, cross left over right and point right to right side
5&6 Right heel forward, bring right beside left and cross left foot over right
7-8 Rock (lunge) right foot to right side and rock back onto left sliding right beside left

REPEAT
