

Life On Mars

拍数: 64 墙数: 1 级数: Intermediate
编舞者: Sheridan Gill (UK)
音乐: Viva Life On Mars - Robbie Williams



COASTER STEP, KICK BALL CHANGE, RIGHT SHUFFLE, ½ PIVOT RIGHT

1&2 Step back left, step right beside left, step left forward
3&4 Kick right forward, step right beside left, step onto left in place
5&6 Step forward right, close left to right, step forward onto right
7-8 Step forward left, pivot ½ turn right

FORWARD ROCK, TRIPLE FULL TURN LEFT, FORWARD ROCK, TRIPLE FULL TURN RIGHT

9-10 Rock forward on left, recover onto right
11&12 Triple full turn left, stepping left, right, left
13-14 Rock forward onto right, recover onto left
15&16 Triple full turn right, stepping right, left right

FORWARD ROCK, BACK SHUFFLE, BACK ROCK, HEEL TAP & HOOK

17-18 Rock forward on left, recover onto right
19&20 Step back left, close right beside left, step back left
21-22 Rock back on right, recover onto left
23-24 Tap right heel forward, hook right under left knee

FORWARD SHUFFLE, ½ PIVOT RIGHT, MEXICAN HAT DANCE

25&26 Step forward right, close left beside right, step forward right
27-28 Step forward left, pivot ½ turn to right
29&30& Tap left heel forward, step left in place, tap right heel forward, step right in place
31&32 Tap left heel forward, step left in place, tap right heel forward

COASTER STEP, KICK BALL CHANGE, LEFT SHUFFLE, ½ PIVOT LEFT

33&34 Step back right, step left beside right, step right forward
35&36 Kick left forward, step left beside right, step right forward
37&38 Step forward left, close right to left, step forward left
39-40 Step forward right, pivot ½ turn left

FORWARD ROCK, TRIPLE FULL TURN, FORWARD ROCK, TRIPLE FULL TURN

41-42 Rock forward on right, recover onto left
43&44 Triple full turn right, stepping right, left, right
45-46 Rock forward on left, recover onto right
47&48 Triple full turn left, stepping left, right, left

FORWARD ROCK, BACK SHUFFLE, BACK ROCK, HEEL TAP & HOOK

49-50 Rock forward on right, recover onto left
51&52 Step back right, close left beside right, step back right
53-54 Rock back onto left, recover onto right
55-56 Tap left heel forward, hook left under right knee

FORWARD SHUFFLE, ½ PIVOT TURN LEFT, MEXICAN HAT DANCE

57&58 Step forward left, close right beside left, step forward left
59-60 Step forward right, pivot ½ turn to left
61&62& Tap right heel forward, step right in place, tap left heel forward, step left in place

63&64

Tap right heel forward, step right in place, tap left heel forward

REPEAT
