

# Life Sized

拍数: 0      墙数: 0      级数:  
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音乐: Larger Than Life - Backstreet Boys



Sequence: AB, AB, A (counts 1-40 only), BB, AB

## PART A

### A RUNNING MAN & THE LOOK

- 1&            Bring the right foot forward while touching the ball of the left foot back, hop back with the right leg while hitching the left leg
- 2&            Bring the left foot forward while touching the ball of the right foot back, hop back with the left leg while hitching the right leg
- 3&            Bring the right foot forward while touching the ball of the left foot back, hop back with the right leg while hitching the left leg
- 4             Bring the left foot forward while touching the ball of the right foot back
- 5-6          Turn head and look right, then left
- 7-8          Turn head and look right, then back to 12:00 and clap

### PARTIAL VINE, ATTITUDE MOVE, TOE TO THE SIDE, SET, & BODY ROLL

- 9-10          Step right to right side, bring left behind
- 11            Hop a 1/8 turn right on the ball of the left foot while kicking right leg forward and down
- &             Hop a 1/8 turn right on the ball of the left foot while kicking right foot back (have now made a 1/4 turn right)
- 12            Touch ball of right foot behind left
- 13-14        Touch ball of right foot right, turn right foot a 1/4 turn right
- 15-16        Complete a forward body roll (weight ends on right foot)

### POINT & BUMP, TWO SAILOR SHUFFLES

- 17&          Point right finger forward (chest height) while bumping hips right, bump hips left
- 18&          Move finger right while bumping hips right, bump hips left
- 19&          Move finger right while bumping hips right, bump hips left
- 20            Finger should be pointing 45 right while bumping hips right (weight on right drop arm for count 21)
- 21&22        Left sailor shuffle (bring left behind right, step right to right side, step left to left side)
- 23&24        Right sailor shuffle (bring right behind left, step left to left side, step right to right side)

### HIP HOP MOVES TWICE

- 25&26        Kick left foot forward, step back with left, bring right beside
- &27          Step forward with left, scuff right foot forward
- &28          Hitch right leg pivoting a 1/4 turn left on left foot, step down with right
- 29&30        Kick left foot forward, step back with left, bring right beside
- &31          Step forward with left, scuff right foot forward
- &32          Hitch right leg pivoting a 1/4 turn left on left foot, step down with right

### WALKING THE LINE

- 33-34        Step left with left foot, hold
- 35&36        Bring right behind left, step left with left, cross right over left (traveling left)
- 37-38        Step forward left, hold
- 39&40        Step right to right side, bring left behind, step right to right
- 41-42        Step left with left foot, hold
- 43&44        Bring right behind left, step left with left, cross right over left (traveling left)

- 45-46 Step forward left, hold  
47&48 Step right to right side, bring left behind, step right to right

## **PART B**

### **MASHED POTATOES & BASKETBALL MOVES**

- &1 Bring left leg out to left while swiveling heels out, swivel heels in bringing left back (behind right)  
&2 Bring right leg out to right while swiveling heels out, swivel heels in bringing right back (behind left)  
&3 Bring left leg out to left while swiveling heels out, swivel heels in bringing left back  
&4 Bring right leg out to right while swiveling heels out, swivel heels in bringing right back  
5& Jump up bringing feet shoulder width apart, cross right over left  
6 Jump a ¼ turn left (feet shoulder width apart)  
7-8 Jump a 1½ turn right, jump a 1½ turn left (both turns feet should be shoulder width apart)

### **Low impact moves for the start of Part B**

- 1& Step back with left, hitch right leg  
2& Step back with right, hitch left leg  
3& Step back with left, hitch right leg  
4 Step back with right  
5& Jump up bringing feet shoulder width apart, cross right over left  
6 Pivot a ¼ turn left (feet shoulder width apart)  
7-8 Pivot a 1¼ turn right, pivot a 1¼ turn left (both turns feet should be shoulder width apart)

### **HOLD YOUR HANDS HIGH & WIGGLE IT**

- 9-10 Bring right arm and left arm out to the right (shoulder height - left arm is across chest) with fists clenched while bumping hips right twice  
11-12 Extend both arms over head with fists clenched while bumping hips left twice  
13-14 Bring left arm and right arm out to the left (shoulder height- right arm is across chest) with fists clenched while bumping hips left twice  
15-16 Rotate hips to the right while bringing fists down to torso level rotating arms to the right

### **ON BENDED KNEE (NOT!)**

- 17-18 Flex knees while placing both hands on knee or thigh, hold (or drop down on left knee -right leg forward)  
19-20 Turn head right, hold  
21-22 Turn head left, hold  
23-24 Stand up, hold

### **LIFE SIZED WALK**

- 25-26 Walk forward right, hold  
27-28 Walk forward left, hold  
29-30 Walk forward right, thrust right arm in the air (shoulder width)  
31-32 Walk forward left, thrust left arm in the air (shoulder width- drop arms for count 33)  
&33 Jump back right, then left  
&34 Jump back right, then left  
35-36 Bump hips right twice  
37-38 Bump hips left twice
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