

Live It Up

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Terry Hogan (AUS) & Simon Ward (AUS)
音乐: Let's Live It Up - Paul Brandt



1-2 Rock/step right foot to the side, rock/replace weight onto left
3-4 Step right across in front of left, brush left foot toward left diagonal
5-6 Step down on left, step right across in front of left
7-8 Step left to the side, step right across in front of left

9-10 Make ¼ turn left on ball of right foot & step left foot forward, hold
11-12 Make ¼ turn left on ball of left foot & right toe strut backward
13-14 Make ¼ turn left on ball of right foot & left heel strut forward
15-16 Make ¼ turn left on ball of left foot & right toe strut backward

These steps should make a box or square pattern

17-18 Left toe strut backward - facing your starting wall
19-20 Step right foot beside left, step left forward
21-22 Step right foot to the side, step left to the side
23-24 Pop/push right knee forward & toward left knee raising heel, drop heel taking weight on right foot

25-26 Transfer weight to left foot, step right across in front of left
27-28 Step left to the side, flick the right foot across behind left knee
29-30 Step right foot to the side, hold
31-32 Swivel/fan right heel outward turning knee inward, hold

33-34 Bend right knee, straighten knee - left leg stays straight, this will cause a hip drop & the right side of the body to swing forward - right toe is turned in
35-36 Bend right knee, straighten knee (as above)
37-38 Step left to the side & make ¼ turn left, step right beside but slightly apart from left foot
39-40 Swivet to the right, center - use ball of left foot & heel of right & twist so that both toes face the right, then return to center

41-43 Step left to the side, step right across behind left, rock/step left to the side
44-46 Step right to the side, step left across behind right, rock/step right to the side
47-48 Step left to the side, step right across in front of left

49-50 Make ¼ turn left on ball of right foot & step left foot forward, hold
51-52 Make ½ turn left on ball of left foot & step right foot backward, hold
53-54 Step left foot backward, step right beside left
55-56 Step left foot forward, scuff right foot forward

57-58 Step right forward, step left forward to lock behind right
59-60 Step right forward, step left forward to lock behind right

As you step forward on the lock steps, turn the upper body slightly to the left so that the right shoulder is forward.

61-62 Step right forward, scuff left foot forward
63 Step left foot forward & make ½ turn right
64 Touch right foot beside left

REPEAT

TAG

When dancing to "Let's Live It Up" by Paul Brandt, after wall 2, do counts 1-35 as per the step sheet, then hold for count 36, then restart the dance from count 1. Then do 3 complete walls and do the same restart again.
