

My New Life

拍数: 48 墙数: 4 级数: Beginner
编舞者: John Offermans (NL)
音乐: High Class Lady - The Lennerockers



STEP, LOCK, STEP, BRUSH, STEP, LOCK, STEP, BRUSH

1-2 Step forward on right, lock left behind right
3-4 Step forward on right, brush left forward
5-6 Step forward on left, lock right behind left
7-8 Step forward on left, brush right forward

ROCK STEP, TOE STRUTS BACK

1-2 Rock forward on right, recover on left
3-4 Step back on right toe, lower right heel
5-6 Step back on left toe, lower left heel
7-8 Step back on right toe, lower right heel

SLOW COASTER STEP BACK, HOLD, STEP, PIVOT ½, LEFT, HOLD

1-2 Step back on left. Close right next to left
3-4 Step forward on left, hold
5-6 Step forward on right, make ½ turn left (weight on left)
7-8 Step forward on right, hold

STEP, PIVOT ½ TURN RIGHT, HOLD, PRISSY WALK, WITH HOLDS

1-2 Step forward on left, make ½ turn right (weight on right)
3-4 Step forward on left, hold
5-6 Cross right over left, hold
7-8 Cross left over right, hold

CROSS, STEP, CROSS, HOLD, DIAGONAL TOE STRUT

1-2 Cross right over left, step left to the left (small step)
3-4 Cross right over left, hold
5-6 Step on left toe to left diagonal, lower left heel
7-8 Cross right toe over left, lower right heel

DIAGONAL TOE STRUTS, SIDE, ¼ TURN RIGHT, STEP, BRUSH

1-2 Step on left toe to left diagonal, lower left heel
3-4 Cross right toe over left, lower right heel
5-6 Rock step left to left side, make ¼ turn right and step forward on right
7-8 Step forward on left, brush right forward

REPEAT
