

Practice Life

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Linda Moore (UK)
音乐: Practice Life - Andy Griggs



RIGHT GRAPEVINE ½ TURN, CHASSE LEFT, BACK ROCK

1-4 Step right to right side, cross left behind right, stepping right to right, brush forward left making ½ turn right
5&6 Step left to left side, close right beside left, step left to left side
7-8 Rock back onto right, rock forward onto left

SHUFFLE ½ TURN LEFT TWICE, PIVOT ½ TURN LEFT, SHUFFLE FORWARD RIGHT

1&2 Shuffle stepping forward making ½ turn left, stepping right left right
3&4 Shuffle stepping back making ½ turn left, stepping left right left
5-6 Step forward right, pivot turn left
7&8 Stepping forward right, close left beside right, step forward right

CROSS ¼ TURN BACK, SHUFFLE BACK LEFT, BACK ROCK, SHUFFLE FORWARD RIGHT

1&2 Cross left over right, ¼ turn left stepping back onto right
3&4 Stepping back onto left, close right beside left, step back left
5-6 Rock back onto right, rock forward onto left
7&8 Step forward right, close left beside right, step forward right

CROSS ¼ TURN BACK, LEFT SHUFFLE FORWARD, CROSS ¼ TURN BACK, RIGHT SHUFFLE FORWARD

1-2 Cross rock forward onto left, rock back onto right making ¼ turn left
3&4 Stepping forward left, close right beside left, step forward left
5-6 Cross rock forward onto right, rocking back onto left making ¼ turn right
7&8 Stepping forward right, close left beside right, stepping forward right

JAZZ BOX LEFT, CHASSE LEFT, ROCK BACK RIGHT

1-2 Cross left over right, step back onto right
3-4 Step left to left side, close right beside left
5&6 Step left to left side close right beside left, step left to left side
7-8 Rock back onto right, rock forward onto left

STEP, ½ PIVOT LEFT, STEP & CLAP, STEP, ½ PIVOT RIGHT, STEP & CLAP

1-2 Step forward right, half turn left
3-4 Step forward right & clap
5-6 Step forward left, half turn right
7-8 Step forward left & clap

REPEAT
