

Remix

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Rupert "Bear" Simmonds
音乐: How Do I Live (Dance Mix) - LeAnn Rimes



ROCK STEPS, TURN AND ROCK

- 1 Rock weight to right side on right foot (feet shoulder width apart)
- 2 Rock weight to left side on left foot
- 3 Rock weight to right side turning $\frac{1}{2}$ on ball of right foot over right shoulder
- 4 Touch left next to right

ROCK STEPS, TURN AND ROCK

- 5 Rock weight to left side on left foot (feet shoulder width apart)
- 6 Rock weight to right side on right foot
- 7 Rock weight to left side turning $\frac{1}{2}$ on ball of left foot over left shoulder
- 8 Touch right next to left

STEP, TOUCH FORWARD, SIDE, BACK

- 9 Step to right side with right foot
- 10-12 Touch left foot forward, left side, back

GRAPEVINE LEFT, CHASSE RIGHT

- 13-16 Step left to left side, right behind left, left to left side, right next to left
- 17&18 Step right to right side, left next to right, right to right side

CROSS, UNWIND, SHUFFLE FORWARD, ROCK STEP

- 19 Cross left behind right
- 20 Unwind $\frac{3}{4}$ turn over left shoulder
- 21&22 Shuffle forward left-right-left
- 23-24 Rock forward onto right, rock back on left

STEP BACK, CLAP, STEP BACK, CLAP

- 25 Step back on right
- 26 Hold and clap
- &27 Step left next to right (&) step back right (27)
- 28 Hold and clap

Note: body roll as you step back on steps 25 & 27

$\frac{1}{4}$ TURN, STEP OUT, OUT, IN, IN 29 STEP TO RIGHT SIDE ON RIGHT, $\frac{1}{4}$ TURNED TO RIGHT

- 30 Step left to new left side (shoulder width apart)
- 31 Step right foot in to center
- 32 Step left foot next to right

GRAPEVINE RIGHT, PIVOT TURN, VINE LEFT

- 33-34 Step right to right side, left behind right
- 35 Step right to right side $\frac{1}{4}$ turned to right
- 36-37 Step forward left, $\frac{1}{2}$ pivot turn over right shoulder
- 38 Turn another $\frac{1}{4}$ turn right on ball of right foot, stepping left to left side
- 39 Step right behind left
- 40 Step out to left side on left

REPEAT

