

Resolutions

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Aravon McCann (UK)
音乐: Live, Laugh, Love - Clay Walker



This dance is dedicated to all cancer survivors. Like the song says - I'm gonna live, laugh, love just for today.

RIGHT & LEFT HANDS AND STOMPS, HAND CREEP, LEFT SAILOR, RIGHT SAILOR

- 1-2 Place right hand on left hip, while stomping right foot, place left hand on right hip, while stomping left foot
- 3&4 Creep both hands up back as if loving someone (or if possible do this for someone else!!)
- 5&6 Cross step left foot behind right, step right foot to right side, step left foot to the left
- 7&8 Cross step right foot behind left, step left foot to left side, step right foot to the right

LEFT MAMBO, UNWIND, LEFT SHUFFLE, ROCK & CROSS

- 9&10 Step forward on left, step back onto right, step left beside right
- 11-12 Place right foot behind left, unwind ½ turn right
- 13&14 Step forward left, close right beside left, step left forward
- 15&16 Rock right to right side, step left in place, cross step right over left

LEFT & RIGHT TOUCHES TWICE, HEEL JACKS

- 17&18 Touch left foot to left side, step left in place, touch right foot to right side
- &19&20 Step right foot in place making a ½ turn right, touch left to left side, step left in place, touch right foot to right side
- 21&22 Cross left foot over right, step right foot in place, point left heel diagonally left
- &23&24 Step left foot in place, cross right foot over left, step left foot to left side, point right heel diagonally right

STEP & TAPS, HEELS, TOUCH CROSS ¾ TURN, LEFT SIDE SHUFFLE

- &25&26 Step right in place, step forward left, tap right toe twice behind left foot
- &27&28 Step right behind, touch left heel forward, step left back in place, tap right heel behind left once
- 29-30 Touch right toe to right side, cross right foot over left taking weight and making ¾ turn left
- 31&32 Step left foot to left side, close right beside left, step left to left side

REPEAT
