

Rhythm Of Life

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Ritmo De La Vida - Liz Abella



CROSS ROCK, TRIPLE $\frac{3}{4}$ TURN, SHUFFLE FORWARD, ROCK STEP

1-2 Cross step right over left, rock weight back onto left
3&4 Triple step on right-left-right making $\frac{3}{4}$ turn to right
5&6 Step forward on left, step right behind left heel, step forward on left
7-8 Step forward on right, rock weight back onto left

SLIDE BACK TWICE, LOCK STEP BACK, BACK ROCK, STEP- $\frac{1}{4}$ TURN

1-2 Slide right foot back, slide left foot back
3&4 Step back on right, lock left over right, step back on right
5-6 Step back on left, rock weight forward onto right
7-8 Step forward on left, pivot $\frac{1}{4}$ turn right

CROSS-SIDE, CROSS-SWEEP, CROSS- $\frac{1}{4}$ TURN, BACK-SLIDE

1-2 Cross step left over in front of right, step right to right side (use your hips!!)
3-4 Cross step left over in front of right, sweep right around from back to front (across left)
5-6 Step down on right (crossed over left), making $\frac{1}{4}$ turn right step back on left
7-8 Step back on right, slide left toe next to right

STEP SLIDE, MODIFIED $\frac{1}{2}$ MONTEREY TURN, ROCK & CROSS, HIP SWAYS

1-2 Step forward on left, slide right toe next to left
3-4 Touch right toe to right side, spin $\frac{1}{2}$ turn right stepping right next to left
5&6 Step left to left side, rock weight onto right, cross step left over in front of right
7-8 Step right to right side swaying hips right, sway hips to left

HIP SWAY-TOUCH, CHASSE $\frac{1}{4}$ TURN, $\frac{1}{4}$ TURN-TOUCH, $\frac{1}{4}$ TURN SHUFFLE

1-2 Sway hips to right, touch left toe next to right
3&4 Step left to left side, step right next to left, step left $\frac{1}{4}$ turn left
5-6 Step forward on right making $\frac{1}{4}$ turn left, touch left toes behind right heel (bending knees)
7&8 Step forward on left making $\frac{1}{4}$ turn left, step right behind left heel, step forward on left

SIDE ROCK, CROSS SHUFFLE, $\frac{1}{4}$ TURN- $\frac{1}{2}$ TURN, SHUFFLE FORWARD

1-2 Step right to right side, rock weight onto left
3&4 Cross step right over left, step left to left side, cross step right over left
5-6 Step left to left side making $\frac{1}{4}$ turn right, $\frac{1}{2}$ turn right on ball of left stepping forward on right
7&8 Step forward on left, step right behind left heel, step forward on left

REPEAT
