

拍数: 64 墙数: 2 级数: Intermediate/Advanced
编舞者: Alan Birchall (UK)
音乐: Viva Life On Mars - Robbie Williams



RIGHT HEEL JACK, CROSS UNWIND $\frac{3}{4}$ TURN, RIGHT COASTER, SCUFF HITCH $\frac{1}{2}$ TURN

1&2 Cross right over left, step left to left, extend right heel
&3-4 Step onto right, cross left over right, unwind $\frac{3}{4}$ turn right (9:00)
5&6 Step back on right, step left by right, step forward on right
&7-8 Scuff left past right, hitching left make $\frac{1}{2}$ turn right, step left to right (3:00)

HEEL, STEP, CROSS 'ANKLE BREAKERS', $\frac{1}{2}$ TURN, CROSS, HEEL SPLITS

9&10 Tap right heel forward over left, step right to right, cross left over right
11&12 On balls off both feet rock ankles left, right, left
13-14 Making $\frac{1}{4}$ turn right step right to right, making $\frac{1}{4}$ right step left to left (9:00)
15&16 Cross right over left, split heels apart, bring heels together

SHUFFLE $\frac{1}{4}$, STEP, $\frac{1}{2}$ PIVOT, FULL TRIPLE TURN, MAMBO

17&18 Step right to right, step left by right, step right to right making $\frac{1}{4}$ turn right (12:00)
19-20 Step forward on right, $\frac{1}{2}$ pivot left (6:00)
21&22 Make full triple turn left, stepping, left, right, left
23&24 Rock forward on right, recover on left, step back on right

$\frac{1}{2}$ PADDLE TURN, STEP. TOUCH, HITCH, CROSS, TOUCH'S, HITCH, CROSS

&25 Make $\frac{1}{4}$ turn touch left to left (9:00)
&26 Make $\frac{1}{4}$ turn touch left to left (12:00)
&27 Step left by right, touch right to right
&28 Hitch right, cross right over left
29& Touch left to left, step left by right
30& Touch right to right, hitch right
31-32 Cross right over left, touch left to left

$\frac{3}{4}$ KICK, SWING TURN, HITCH, LOCK STEP, STEP, TURN, STEP, CROSS UNWIND

33&34 Making $\frac{3}{4}$ turn left kick left foot forward, swing left past right making $\frac{1}{2}$ turn left, hitch left (3:00)
35&36 Step forward on left, lock right behind left, step forward on left
37&38 Step forward on right, $\frac{1}{2}$ pivot left, step forward on right
39-40 Cross left over right, unwind $\frac{3}{4}$ turn right (6:00)

'BODY ROLL', HIP BUMPS, SAILOR STEP, CROSS UNWIND

41-42 Stepping right to right, body roll right
43&44 Bump hips left, left (weight ends on left)
45&46 Cross right behind left, step left to left, step right in place
47-48 Cross left behind right, unwind $\frac{3}{4}$ right (9:00)

SYNCOPATED ROCKS, CROSS UNWIND, SIDE SHUFFLE

49& Rock forward on right, recover on left
50& Rock right to right, recover on left
51&52 Cross right behind left, step right to right, step left in place
53-54 Cross left over right, unwind full turn right
55&56 Step right to right, step left by right, step right to right

FRONT SAILOR STEP, ¼ SYNCOPATED JAZZ BOX, ½ FRONT SAILOR TURN, CROSS STEP, STEP

57&58 Cross left over right, step right to right, step left by right

59&60 Cross right over left, step back on left, making ¼ turn right step right to right (12:00)

61&62 Cross left over right, making ½ turn left step right to right, step left to left (6:00)

63-64 Cross step right over left, step left to left

REPEAT
