

Walk Of Life

拍数: 64 墙数: 4 级数:
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音乐: Walk of Life - Dire Straits



WALK, WALK, SHUFFLE FORWARD, PIVOT ½, SHUFFLE ½ TURN

1-2-3&4 Step forward on right, step forward on left, shuffle forward right (right-left-right)
5-6-7&8 Step forward on left, ½ pivot turn right, shuffle turn ½ left (left-right-left)

BACK, BACK, ROCK BACK, ROCK FORWARD, OUT, OUT, ½ TURN RIGHT

1-4 Walk back right-left, rock back on right, rock forward on left
5-6 Step right out at 45 degrees, step left out at 45 degrees (v step)
7-8 Turn ½ right - step forward on right, step left together

TAP, STEP, ROCK STEP, TAP, STEP, ROCK, STEP

1-2 Tap right toe to right side, step right to right side
3-4 Rock back on left behind right, step right in place
5-6 Tap left toe to left side, step left to left side
7-8 Rock back on right behind left, step left in place

¼ TURN, TAP, STEP, ROCK STEP, TAP, STEP, ROCK, STEP

1-2 Turn ¼ left - tap right toe to right side, step right to right side
3-4 Rock back on left behind right, step right in place
5-6 Tap left toe to left side, step left to left side
7-8 Rock back on right behind left, step left in place

WALK OF LIFE

1-4 Step right to right side, hold, cross left over right, hold
5-8 Step right to right side, hold, cross left over right, hold

SIDE, CENTER, CROSS, HOLD, SIDE, CENTER, FULL TURN, SCUFF

1-4 Step right to right side, step left to left side, step right across left, hold
5-6 Step left to left side, step right to center
7-8 Pivot on right - turn ¾ left & step left forward, turn ¼ left - scuff right

DOUBLE HIP FORWARD, DOUBLE HIP BACK, 4 SINGLE HIPS

1-2 Step forward on right - push right hips forward twice
3-4 Push left hip back twice
5-8 Four single hips - forward, back, forward, back

KICK, TOUCH, TURN, STOMP, SAILOR, SAILOR

1-4 Kick right forward, touch right toe back - ½ turn right, stomp left forward
5&6 Step right across behind left, step left to left side, step right to right side
7&8 Step left across behind right, step right to right side, step left to left side

REPEAT