

What A Life!

拍数: 32 墙数: 4 级数: Intermediate cha cha
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音乐: Life - Des'ree



CHA-CHA LEFT BASIC, CHA-CHA FORWARD, RIGHT PIVOT TURN, SYNCOPATED ½ TURN

1-2-3 Step left to left side, rock back right, recover weight to left
4&5 Step right forward, step left up to right (5th foot position), step right forward
6-7 Pivot on ball of right & turn ½ right stepping back on left, turn ½ right stepping forward on right
8&1 Step forward on left, turn ½ right stepping right in place, step left forward

SYNCOPATED STEP SLIDE, ROCK FORWARD, ¼ LEFT TURN, CHA-CHA SIDE LEFT ¼ TURN

2-3 Step right forward, step left up to right (3rd foot position)
4&5 Step right forward, step left up to right, step right forward (cha-cha terrace)
6-7 Rock forward on left, recover weight to right & turn ¼ left
8&1 Step left to side, step right beside left, turn ¼ left stepping left forward

ROCK FORWARD, CHA-CHA LOCK BACK, ROCK BACK, CHA-CHA LOCK FORWARD

2-3 Rock forward on right, recover weight to left
4&5 Step back on right, cross left over right, step back on right
6-7 Rock back on left, recover weight to right
8&1 Step left forward, cross right behind left, step left forward

ROCK FORWARD, CHA-CHA LOCK BACK & TOUCH, STEP ¼ TURN RIGHT, SIDE TOGETHER

2-3 Rock right forward, recover weight to left
4&5 Step back on right, cross left over right, step back on right
&6-7 Step back on left & touch right toe next to left foot, step right foot forward into ¼ turn right
8& Step left to side, step right next to left

REPEAT

TAG

On wall 5 (front wall), after count 32 do the following:

CROSSOVER BREAKS

1-2-3 Step left to side toes turned out, rock right forward & across left, recover weight to left
4&5 Cha-cha side right - right, left, right (toes turned out on last step)
6-7 Rock left forward & across right, recover weight to right
8& Step left to side, step right next to left

Continue from beginning of dance