It's All We've Been Given...Start Livin'

级数: Intermediate nightclub

编舞者: Sylvia Schell (USA)

拍数: 48

音乐: Days Go By - Keith Urban

CROSS, SIDE, BEHIND, HOLD, ½ TURN LEFT, HOLD, SHUFFLE

- 1-4 Cross left over right, step right with right, behind with left, hold
- 5-6 Turn 1/2 turn left on balls of both feet (weight goes to left), hold
- 7&8 Forward shuffle (right, left, right)

CROSS, SIDE, BEHIND, HOLD, ½ TURN LEFT, HOLD, SHUFFLE

- 1-4 Cross left over right, step right with right, behind with left, hold
- 5-6 Turn ¹/₂ turn left on balls of both feet (weight goes to left), hold
- 7&8 Forward shuffle (right, left, right)

ROCK, RECOVER, BACK, LOCK, BACK, ROCK, RECOVER, STEP ¼ TURN LEFT

- 1-2 Rock forward left, recover right
- 3&4 Step back on left, cross right over left (lock), step back left
- 5-6 Rock back on right, recover left
- 7-8 Step forward on right, turn 1/4 turn left (weight goes to left)

MONTEREY ½ TURN RIGHT, MONTEREY ¼ TURN RIGHT

- 1-4 Touch right to right, turn 1/2 on left, step right beside left, touch left to left, step left beside right
- 5-8 Touch right to right, turn ¼ on left, step right beside left, touch left to left, step left beside right

STEP, KICK BALL STEP, STEP, STEP, KICK BALL STEP, STEP

- 1-2&3 Step forward right, left kick, ball, step
- 4-5 Step forward left, step forward right
- 6&7-8 Left kick, ball, step, step forward left

CROSS, ¼ TURN LEFT, TRIPLE, STEP, TAP, STEP, TAP

- 1-2 Cross right over left, step back on left turning 1/4 turn right
- 3&4 Triple in place (right, left, right)
- 5-8 Step forward left, tap right beside left, step forward right, tap left beside right (weight stays right)

REPEAT





墙数:4