

How Do I?

拍数: 48 墙数: 2 级数:
编舞者: Wrangler (Rozanne) Wild (AUS)
音乐: How Do I Live - Trisha Yearwood



STEP FORWARD, ½ TURN, LUNGE, STEP SIDE, TOGETHER, CROSS, SIDE, BEHIND, UNWIND ¾, BALL STEP ¼ TURN, STEP SIDE, BEHIND, UNWIND ¾, BALL STEP, SHUFFLE FORWARD

- 1&2 Step left forward, on ball of left spin ½ left keeping right close to left, lunge step right over left (6:00)
- 3&4& Step left to side, step right beside left, step left over right, step right to side
- 5&6 Step left behind right unwinding ¾ left (weight left), step ball of right slightly back, step left slightly forward (9:00)
- &7 Turning ¼ left step right to side, step left behind right unwinding ¾ left (weight left)
- &8&1 Step ball of right slightly back, shuffle forward on left stepping left-right-left (9:00)

STEP TOGETHER, BACK, BACK, CROSS STEP, BACK, FULL TRIPLE, CROSS STEP, STEP BACK 45 DEGREES SIDE

- &2-3-4 Step right beside left, step back on left, step right back, cross step left over right
- &5&6 Step right back, full turn triple left traveling slightly back stepping left-right-left
- 7&8 Cross step right over left, step left back at 45 degrees left, step right to side

FULL TURN SIDE, STEP OVER, ¼ TURN, STEP BACK, COASTER, FULL TURN FORWARD, STEP FORWARD, ¼ TURN, STEP BEHIND, SIDE, FORWARD 45 DEGREES

- &1 Turning ½ right step left to side, turning ½ right step right to side (full turn traveling to side)
- 2&3&4 Step left over right, turning ¼ left step right back, coaster back on left (6:00)
- &5&6 Make full turning left stepping right-left, step right forward, pivot ¼ turn left (3:00)
- 7&8 Step right behind left, step left to side, step right forward at 45 degrees left (2:00)

REPLACE, ½ TURN TOGETHER, STEP FORWARD, REPLACE, ½ TURN TOGETHER, STEP FORWARD, ¼ TURN, STEP FORWARD, LOCK, STEP FORWARD, ¼ TURN, STEP FORWARD, LOCK, FORWARD

- 1&2 Replace weight on left, still on diagonal turn ½ right stepping right beside left, step left forward (8:00)
- 3&4 Replace weight on right, still on diagonal turn ½ left stepping left beside right, step right forward (2, 00)
- & On ball of right turn ¼ right to face 45 degrees right (4:00)
- 5&6 Step left forward over right at 45 degrees right, lock step right behind left, step left forward
- & On ball of left turn ¼ left to face 45 degrees left (2:00)
- 7&8 Step right forward over left at 45 degrees left, lock step left behind right, step right forward

7/8 TURN, SIDE ROCK, REPLACE, ACROSS, SIDE, BEHIND, SIDE, ACROSS, BACK ROCK, STEP SIDE, ACROSS, UNWIND ¾, CROSS SHUFFLE

- &1&2 On ball of right spin 7/8 left (3:00), rock step left to side, replace weight on right, step left over right
- &3&4 Step right to side, step left behind right, step right to side, step left over right
- 5&6& Back rock right behind left, step left to side, step right over left, unwind ¾ left ending weight right (6:00)
- 7&8 Cross shuffle left over right stepping left-right-left

STEP SIDE, BALL CROSS, SIDE, SAILOR, HIP SWAYS, BALL CROSS, FULL TURN UNWIND, CROSS TOUCH

- 1&2& Step right to side, step left back, step right over left, step left to side
- 3&4 Step right behind left, step left to side, step right to side (sailor)

Restart from here on wall 1, also, the dance ends here

5-6& Sway hips left, sway hips right, step left back

Restart from here on wall 3

7-8 Step right over left, on ball of right unwind full turn left dragging left around and end with left toe cross touching over right

REPEAT

RESTART

On wall 2 dance counts 1-44 only (sailor step) and restart on count 1

On wall 3 dance counts 1-46 only, (hip sways left, right)

ENDING

Dance to count 44 (sailor step) then step left behind right, unwind ½ left to front
