

Get A Life

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Carl Sullivan (AUS)
音乐: Gonna Get a Life - Mark Chesnutt



- 1-2 Facing left diagonal - step left forward on left diagonal, touch right beside left
&3-4 Rock-step right back on diagonal, replace on left, touch right beside left (ball-change-touch)
5-6 Facing right diagonal -- turn right to face right diagonal stepping right forward, scuff left beside right
7-8 Step left forward on right diagonal, scuff right beside left
- 1-2 Step right forward on right diagonal, touch left beside right
&3-4 Rock-step left back on diagonal, replace on right, touch left beside right (ball-change-touch)
5-6 Facing left diagonal - step left forward on left diagonal, scuff right beside left
7-8 Step right forward on left diagonal starting a full turn left, complete the full turn
- 1-2 Rock-step left forward on left diagonal, replace on right
3 Straighten up to 9:00 wall - step left to left side & slightly back
4-5&6 Cross-step right over left, side shuffle left-right-left to left side
7-8 Rock-step right back, replace on left
- 1-2-3 Step right forward, pivot ½ turn left onto left, turn ½ left stepping right back
4-5&6 Step left back, right coaster step (right, left, right)
7-8 Step left forward turning ¼ right, slide right beside left (weight onto right)
- Restart on wall 5**
- 1-2 Step left forward, scuff right beside left to raise right leg
3-4 Turn ½ left on left while flicking right back, scuff right beside left
5-6 Step right forward, scuff left beside right to raise left leg
7-8 Turn ½ right on right while flicking left back, scuff left beside right
- 1-2 Step left forward, touch right beside left
&3-4 Step right back, touch left heel forward, step down on left
5-6 Step right forward, pivot ¼ turn left onto left
7&8 Right sailor step (right, left, right)
- 1-2 Cross-step left behind right, step right to right side turning ¼ right
3-4 Turn ¼ right stepping left to left side, touch right beside left with clap
5-6 Step right to right side, touch left beside right with clap
7-8 Step left to left side, touch right beside left with clap
- 1-2& Turn ¼ right stepping right forward, scuff left beside right
3-4 Step left forward turning a full turn right, scuff right beside left
5-8 Walk forward right, left, right, touch left beside right

REPEAT

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On walls 1 & 3, dance to count 60 then

- 5-9 Walk forward right, left, right, left, right
10-12 Hold for 3 counts

Then restart

RESTART

On wall 5 after count #32 restart on 12:00 wall

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On wall 7 the music stops. Keep dancing to count &58 then do these 2 counts

1-2 Step left forward, step right beside left

Then restart on 12:00 wall
