

Get A New Life

拍数: 72

墙数: 4

级数: Intermediate/Advanced line/contra
dance



编舞者: Vern Chovan

音乐: The Writing on the Wall - The Mavericks

SYNCOPATED HEEL & TOE TOUCHES

- 1 Touch right heel forward
- 2 Touch right toe to the right
- & Step right foot next to left
- 3 Touch left toe to the left
- 4 Hold
- 5 Touch left heel forward
- 6 Touch left toe to the left
- & Step left foot next to right
- 7 Touch right toe to the right
- 8 Hold
- 9-16 Repeat beats 1-8

HOPS, JUMP, CROSS, JUMP, TOGETHER

- 17 Hop to the left on both feet
- 18 Hop to the right on both feet
- 19 Hop to the left on both feet
- 20 Hop to center position on both feet
- 21 Jump both feet apart
- 22 Jump and cross right foot over left
- 23 Jump both feet apart
- 24 Jump both feet together (weight onto left foot)

FORWARD WALK WITH HEEL SWIVELS, KICK, JAZZ SQUARE, TOUCH

- 25 Step forward on ball of right foot and swivel right heel inward
- & Swivel right heel outward
- 26 Step forward on ball of left foot and swivel left heel inward
- & Swivel left heel outward
- 27 Step forward on ball of right foot and swivel right heel inward
- & Swivel right heel outward
- 28 Kick left foot forward
- 29 Cross left foot over right and step
- 30 Step back on right foot
- 31 Step slightly to the left on left foot
- 32 Touch right foot next to left and clap hands

FORWARD WALK WITH HEEL SWIVELS, KICK, JAZZ SQUARE, TOUCH

- 33 Step forward on ball of left foot and swivel left heel inward
- & Swivel left heel outward
- 34 Step forward on ball of right foot and swivel right heel inward
- & Swivel right heel outward
- 35 Step forward on ball of left foot and swivel left heel inward
- & Swivel left heel outward
- 36 Kick right foot forward
- 37 Cross right foot over left and step

- 38 Step back on left foot
- 39 Step slightly to the right on right foot
- 40 Touch left foot next to right and clap hands

RIGHT HEEL HOOKS, TOE TOUCH, TURN, CLAP

- 41 Touch right heel forward and diagonally to the right
- 42 Cross right foot in front of left shin
- 43 Touch right heel forward and diagonally to the right
- 44 Touch right toe back
- 45 Touch right heel forward and diagonally to the right
- 46 Cross right foot in front of left shin
- 47 Pivot $\frac{1}{2}$ turn to the left on ball of left foot
- 48 Step right foot next to left and clap hands

LEFT HEEL HOOKS, TOE TOUCH, TURN, CLAP

- 49 Touch left heel forward and diagonally to the left
- 50 Cross left foot in front of right shin
- 51 Touch left heel forward and diagonally to the left
- 52 Touch left toe back
- 53 Touch left heel forward and diagonally to the left
- 54 Cross left foot in front of right shin
- 55 Pivot $\frac{1}{2}$ turn to the right on ball of right foot
- 56 Step left foot next to right and clap hands

HEEL-TOE STRUTS FORWARD

- 57 Step forward onto right heel
- 58 Slap right toe down onto floor
- 59 Step forward onto left heel
- 60 Slap left toe down onto floor
- 61-64 Repeat beats 57-60

When doing this dance contra, the lines will switch side in this section

TURNING JAZZ SQUARE, STOMP, JAZZ SQUARE, STOMP

- 65 Step right foot over left rock onto right foot
- 66 Step back onto left foot in place
- 67 Step forward on right foot making a $\frac{1}{4}$ turn with the step
- 68 Stomp left foot next to right (stomp down)
- 69 Step right foot over left rock onto right foot
- 70 Step back onto left foot in place
- 71 Step right foot next to left
- 72 Stomp left foot next to right

REPEAT

To do this dance contra, modify beat 71 to read:

- 71 Step to the right on right foot making a $\frac{1}{4}$ turn to the right with the step
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