

Cosas De La Vida

拍数: 0 墙数: 4 级数: Phrased Advanced
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音乐: Cosas de la Vida - Julio Iglesias : (Album: William A Tribute)



Sequence: A,B,C,D,B,E,A,B,C,D,B,B,E.

Part A:

Facing 12:00, Double Rond De Jambe (Sweep), Double Tipple Chasse.

- 1 RF step forward.
- 2 Turn 4/4 over right, while doing this adagio RF.
- 3 Turn 4/4 over right, while doing this adagio RF.
- 4 RF cross diagonal backwards LF to [19:00].
- 5 Turn 5/8 over left, LF step left.
- & RF closes next to LF.
- 6 Turn 1/8 left, LF step forward.
- 7 Turn 3/8 over left, RF step backwards, [to 22:00].
- 8 Turn 1/2 over left, LF step left.
- & RF closes next to LF.
- 9 Turn 1/8 over left, LF step forward, [facing 21:00].

Make 1/2 Turn Left, Check, 4/4 Lock Turn.

- 1 RF step backwards.
- 2 1/4 turn left, LF step left.
- 3 1/4 turn left, RF step forward.
- 4 Turn 1/8 over left, LF step forward [to 13:00].
- 5 Recover weight on RF.
- 6 Turn 1/8 over right, Slip LF next to RF, [facing 15:00].
- 7 Turn 1/8 right, RF step diagonal [to 16:30].
- 8 LF step high forward.
- & Turn 1/4 over right, lock RF high behind LF.
- 9 Turn 3/4 over right, end weight on LF, [end facing 16:30].

Pivot Turn With Passé, Double Chainé, 1/2 Turn Twinkle.

- & Turn 1/8 over right, RF step forward, [facing 18:00].
- 1 Passé LF into RF, (LF into Right knee).
- & Turn 1/4 over right, LF step left.
- 2 Turn 1/4 over right, passé RF into LF (RF into left knee).
- & turn 1/4 over right, RF step right.
- 3 Turn 1/4 over right, passé LF into RF (LF into right knee).
- & Turn 1/4 over right, LF step left.
- 4 Turn 3/4 over right, RF step forward.
- & Close LF next RF, while doing this turn 4/4 over right.
- 5 RF step forward.
- & Close LF next RF, while doing this turn 4/4 over right.
- 6 RF step forward.
- 7 LF step forward.
- 8 RF step forward
- & LF closes next RF.
- 9 1/2 Turn over left, LF step forward, [end facing 12:00].

Part B

Extended Line, 4/4 Chainé Turn, Check, Spiral Turn, ½ Over Turn.

- 1 RF step forward.
- 2 Point LF to left.
- 3 Hold.
- 4 Turn ¼ left, LF step forward.
- 5 Turn 7/8 over left, while doing this RF close LF.
- 6 LF step forward into a check, [ending facing 23:00].
- 7 Spiral turn 3/4 over right.
- 8 RF step forward, while doing this turn ¾ over right [end facing 16:30].
- 9 Hold.

Travelling Heel Turn, ½ Turn Chasse, ½ Turn.

- 1 LF step backwards.
- 2 RF close next LF, while doing this turn 2/8 on the heels over right.
- & Change weight to the balls of the feet.
- 3 Turn 1/2 over right, LF step backwards.
- 4 RF step backwards.
- 5 Turn ½ over left, LF step left.
- & RF closes next LF.
- 6 Turn 1/8 over left, LF step forward, [end facing 18:00].
- 7 RF step backwards.
- 8 Turn ¼ over left, LF step left.
- 9 Turn ¼ over left, RF step forward.

Step Forward, Double Pirouette, Rond De Jambe, Double Spin Turn.

- 1 LF step forward.
- 2 4/4 pirouette over right.
- 3 4/4 pirouette over right.
- & ½ rond de jambe, adagio RF.
- 4 Lock RF behind LF.
- 5, 6 2 1/4 spin turns, [end facing 15:00].

Part C**Travelling ½ Twist Turn, ½ Turn, Twinkle, Twinkle.**

- 1 1/8 turn over right, RF step diagonal forward [to 16:30].
- 2 ¼ turn over right, LF step left.
- & RF crosses backward LF.
- 3 ¼ Turn over right, LF slip backwards.
- & Turn ½ over right.
- 4 RF step forward.
- 5 LF step forward.
- & RF closes next LF.
- 6 Turn 2/8 over right, RF step forward, [end facing 19:30].
- 7 LF step forward.
- 8 RF step forward.
- & LF closes next RF.
- 9 Turn 3/8 over left, LF step forward, [end facing 15:00].

Quick Open Reverse, Standing Spin.

- 1 RF step forward.
- & LF step forward.
- 2 RF step forward.
- & ¼ turn over left, lock LF behind RF.
- 3 ¾ turn over left, RF slips under LF, [end weight on RF].

- 4 Step forward on LF.
5-9 standing spin (Free spin) on LF, [end facing 16:30].

Twinkle, Twinkle.

- 1 RF step forward.
2 LF step forward.
& RF closes next LF.
3 Turn 2/8 over right, RF step forward, [end facing 19:30].
4 LF step forward.
5 RF step forward.
& LF closes next RF.
6 Turn 1/2 over left, LF step forward, [end facing 14:00].

Part D

Running Weave, Double Chainé Turn, Rond De Jambe.

- 1 RF step diagonal forward [to 14:00].
& ½ turn over right, LF step backwards.
2 RF step backwards.
3 LF step backwards.
4 RF step backwards.
& ½ turn over left, LF step forward.
5 4/4 turn over left, while doing this close RF next LF.
& LF step forward.
6 4/4 turn over left, while doing this close RF next LF.
& LF step forward.
7-9 6/8 rond de jambe turn over left, while doing this adagio RF over the floor, [end facing 16:00].

Twinkle, Fall Away, Slip Pivot, Check.

- 1 RF step diagonal forward [to 16:00].
2 LF step forward.
& RF closes next LF.
3 Turn 2/8 over right, RF step forward, [facing 19:30].
4 LF step forward.
& ¼ turn left, RF step right.
5 LF lock behind RF.
& ½ turn over left, RF step backwards.
6 Weight on LF for check, [end facing 19:30]
7 Change weight to RF.
8 Turn 1/8 over left, LF close next RF, [end facing 21:00]
9 Hold.

Make 7/8 Rond De Jambe Turn, Check.

- 1 LF step forward.
2 7/8 rond de jambe turn over right, adagio RF, [end facing 19:30].
3 RF close next to LF.
4 LF step forward for heck.
5 1/8 turn over right, recover weight on RF.
6 2/8 turn over right, LF step backwards.

Part E

Walk, 3/8 Twinkle Turn, Fouettè. [Facing 15:00].

- 1 1/8 turn over right, RF step diagonal forward [to 16:30].
2 LF step forward.
3 RF step forward.

- 4 LF step forward.
- 5 RF step forward.
- & LF close next RF.
- 6 3/8 turn over left, [end facing 12:00], LF step forward.
- 7 Torque (prepare for Fouettè).
- 8 4/4 fouettè turn on LF.
- 9 4/4 fouettè turn on LF.

Double Pirouette, Sway Left, Sway Right.

- 1 4/4 pirouette on LF.
- 2 4/4 pirouette on LF.
- 3 RF step to right.
- 4 LF sway to left.
- 5 Drag RF to LF.
- 6 Touch RF next LF.
- 7 RF sway to right.
- 8 Drag LF to RF.
- 9 Touch LF next RF.

Second time part A, everything is the same until we are after the lock turn. Facing 16:30.

Pivot Turn With Flick, Triple Chainè Turn.

- 1 RF step diagonal [to 16:30].
 - 2 ¼ turn over right, LF step left.
 - 3 ¾ turn over right, RF flick in front left knee.
 - & 1/8 turn over right, [facing 18:00] RF step forward.
 - 4 4/4 turn over right, while doing this close LF next RF.
 - & RF step forward.
 - 5 4/4 turn over right, while doing this close LF next RF.
 - & RF step forward.
 - 6 4/4 turn over right, while doing this close LF next RF
 - & RF step forward.
 - 7 LF step forward.
 - 8 RF step forward.
 - & LF closes next RF.
 - 9 ½ Turn over left, LF step forward, [ending facing 12:00]
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