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拍数: 32 墙数: 4 级数: Improver
编舞者: Willie Brown (SCO) - October 2008
音乐: About Life - Julianne Hough : (CD: Julianne Hough - or iTunes)



Intro; 16 counts – on vocals

[] Brackets indicate which wall you should be facing (first wall only)

SECTION 1: WALK, WALK, SIDE ROCK CROSS, SIDE, ¼ TURN, CROSS SHUFFLE

1,2 Step forward Right, step forward Left,
3&4 Rock Right to Right side, recover weight on Left, cross Right over left
5,6 Step Left to Left side, make ¼ turn Right and step Right to Right side [3]
7&8 Cross Left over Right, step Right beside Left, cross Left over Right

SECTION 2: SIDE, ¼ TURN, CROSS ROCK SIDE, CROSS, ¼ TURN, ¼ SIDE SHUFFLE

1,2 Step Right to Right side, make ¼ turn Left and step Left to Left side [12]
3&4 Rock Right across Left, recover weight on Left, step Right to Right side
5,6 Cross Left over Right, make ¼ turn Left and step back on Right
7&8 Make ¼ turn Left and step Left to Left side, step Right beside Left, step Left to Left [6]

SECTION 3: CROSS ROCK SIDE, CROSS ROCK ¼ TURN, EXTENDED LOCK STEP

1&2 Rock Right across Left, recover weight on Left, step Right to Right side
3&4 Rock Left across Right, recover weight on Right, make ¼ turn Left and step forward on Left [9]
5&6&7&8 Step forward on Right, lock Left behind Right, step forward on Right, lock Left behind Right, step forward on Right

**** 2nd restart here – during wall 8 (facing 12 o'clock) add an '&' count taking weight on Left then begin dance again****

SECTION 4: MAMBO, CROSS BACK CROSS, BACK, ½ TURN, STEP ½ PIVOT STEP

1&2 Rock forward on Left, recover weight on Right, step back on Left
3&4 Lock Right across front of Left, step back on Left, Lock Right across front of Left
**** 1st restart here – during wall 4 (facing 12 o'clock) add an '&' count taking weight on Left then begin dance again****
5,6 Step back on Left, make ½ turn Right and step forward on Right [3]
7&8 Step forward on Left, pivot ½ turn Right (take weight on Right), step forward on Left [9]

START AGAIN.....AND SMILE!!!!