Song For Life

拍数: 48 墙数: 2 级数: Easy Intermediate
编舞者: Pam Cassells (AUS) - September 2008
音乐: Song for the Life - Alan Jackson : (CD: Who I Am)

Start Position: Feet together - with weight on L foot.
Starts on vocals – 24 counts in.
Dance Sequence: 48, 48, 12, 48, 48, 12, 48, 48, 12, finish.

WALTZ FORWARD, STEP DRAG X2.
1,2,3 Waltz forward – step R forward, step L beside R, step R beside L,
4,5,6 Step L forward, drag R up to touch beside L for 2 counts,

BACK, TURN ½, TURN ½, WALTZ BACK.
1,2,3 Step R back, travelling back - turning 360 degrees R – step L, R,
4,5,6 Waltz back – step L back, step R beside L, step L beside R, **

STEP FORWARD, DRAG X2, STEP FORWARD, TURN ½, TURN 1/2.
1,2,3 Step R forward, drag L up to touch beside R for 2 counts,
4,5,6 Step L forward, travelling forward - turning 360 degrees L – step R, L,

TWINKLE, TWINKLE.
1,2,3 R twinkle/cross over – step R across in front of L, step L beside R, step R beside L,
4,5,6 L twinkle/cross over – step L across in front of R, step R beside L, step L beside R,

R SAILOR, TWINKLE
1,2,3 R sailor – step R behind L, step L to L side, step R to R side,
4,5,6 L twinkle/cross over – step L across in front of R, step R beside L, step L beside R,

WEAVE L, STEP TO L SIDE, DRAG X2,
1,2,3 Weave L – step R across in front of L, step L to L side, step R behind L,
4,5,6 Step big step L to L side, drag R up to and touch beside L – 2 counts,

ROLL 1 ¼ TURNS R, STEP FORWARD, DRAG X2.
1,2,3 Turn 450 degrees R – turn 90 degrees R - step R forward, turn 180 degrees R - step L back, turn 180 degrees R – step R forward,
4,5,6 Step L forward, drag R up to touch beside L for 2 counts,

R SAILOR, TOUCH BEHIND, UNWIND ¾ L.
1,2,3 R sailor – step R behind L, step L to L side, step R to R side,
4,5,6 Touch L behind R, unwind 270 degrees L for 2 counts – weight on L.

48

Repeat Dance In New Direction

Restarts:** Dance to count 12** - every time you come back to the front wall and then restart dance from beginning facing the front wall.

Pam Cassells – ph: 0429 640 510