

Life

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Yvonne Anderson (SCO) - July 2010
音乐: Life - Phil Vassar : (Album: Travelling Circus)



Notes: Start on main vocal (32 count intro from the word 'Life'). Restarts during walls 1, 3 and 4.

(1-8) WALK R L, STEP 1/2 PIVOT STEP, TRIPLE TURN FORWARD, STEP 1/2, STEP BACK

1-2 Walk forward stepping R, L [12]
3&4 Step R forward, (&) Make a half turn left taking weight on L, Step R forward [6]
5&6 Make a full turn right (travels forward) stepping L, R, L [6]

(easier option counts 5&6 shuffle forward stepping L, R, L)

7-8 Make 1/2 turn left stepping R back, Step L back [12]

(9-16) SAILOR HEEL, BALL CROSS, UNWIND 3/4, COASTER STEP, SHUFFLE FORWARD

1&2 Step R behind left, (&) Step L to left, Touch R heel forward to right diagonal [1.30]
&3 (&)Step R beside left, Step L across right [12]
4 Unwind 3/4 turn right, weight on L [9]
5&6 Step R back, (&) Step L beside right, Step R slightly forward [9]
7&8 Shuffle forward stepping L,R,L [9]

(17-24) SCUFF HITCH 1/4, SAILOR STEP, TOE SPLITS OUT-IN, OUT-IN-OUT

1&2 Scuff R foot forward, & Making a 1/4 turn left hitch R foot, Step down on R [6]
3&4 Step L behind right, Step R to right, Step L to left [6]
5-6 Swivel toes out, toes in, (as you move to the right) [6]
7&8 Swivel toes out, & Toes in, Toes out (as you move to the left) [6]

******RESTART**** Wall 1 (facing 6 o'clock) Wall 3 (facing 9 o'clock) Wall 4 (facing 3 o'clock)**

(25-32) KICK-BALL-TOUCH, SAILOR 1/4 TURN, STEP 1/2 TURN STEP, SHUFFLE FORWARD

1&2 Kick R forward, (&) Step ball of R beside left, Touch L to left [6]
3&4 Step L back, (&) Making 1/4 turn left step R beside left, Step L slightly forward [3]
5&6 Step R forward, (&) Make 1/2 turn left taking weight on L, Step R forward [9]
7&8 Shuffle forward stepping L, R, L [9]

(harder option counts 7&8 full triple right turn travels forward)

REPEAT