

What A Life!

拍数: 64 墙数: 2 级数: Advanced
编舞者: Alan Birchall (UK) - November 2011
音乐: AKA...What a Life! - Noel Gallagher's High Flying Birds
或: I Won't Let You Go - James Morrison



Start: On Lyrics (For James Morrison Start: After First Verse 28 Seconds)
Seconds: 20 - Count: 16 From Start Of Beat - (BPM:120)

SAILOR STEP, BEHIND, UNWIND, SWAY, RECOVER, CROSS SHUFFLE

1&2 Cross Right Behind Left, Step Left To Left, Step Right To Right
3-4 Cross Left Behind Right, Unwind Full Turn Left Alt: Hold 12 o' Clock
5-6 Sway Out To Right, Recover On Left
7&8 Cross Right Over Left, Step Left To Left, Right Over Left

SIDE TOGETHER, SIDE, TOGETHER, FORWARD, ROCK, RECOVER, ¾ TURN

9-10 Step Left To Left, Right By Left
11&12 Step Left To Left, Right By Left, Step Forward On Left
13-14 Rock Forward On Right, Recover On Left
15-16 Making ½ Turn Right Step Forward On Right, Making ¼ Turn Right Step Left To Left 9 o' Clock

RIGHT & LEFT HEEL JACKS, ROCK, RECOVER, BACK LOCK STEP

17&18 Step Right Behind Left, Step Left To Left, Extend Right Heel
&19&20 Step On To Right, Cross Left Over Right, Step Right To Right, Extend Left Heel
&21-22 Step On To Left. Rock Forward On Right, Recover On Left
23&24 Step Back On Right, Lock Left Over Right, Step Back On Right

TOUCH, UNWIND, STEP, ½ PIVOT, STEP ½ TURN ¾ TRIPLE TURN

25-26 Touch Left Toe Back, Unwind ½ Turn Left (Weight On Left) 3 o' Clock
27-28 Step Forward On Right, ½ Pivot Left 9 o' Clock
29-30 Step Forward On Right, ½ Turn Right Stepping Back On Left 3 o' Clock
31&32 ¾ Triple Turn Right Stepping Right, Left, Right

Alt: Right Coaster Step 12 o' Clock

CROSS PRESS, RECOVER, SIDE CHASSE. CROSS PRESS, RECOVER, CHASSE ¼ TURN

33-34 Cross Press Left Over Right, Recover On Right
35&36 Step Left To Left, Right By Left, Step Left To Left
37-38 Cross Press Right Over Left, Recover On Left
39&40 Step Right To Right, Left by Right, Making ¼ Turn Right, Step Right To Right 3 o' Clock

STEP, FULL TURN, STEP, LEFT SHUFFLE, ROCK, RECOVER, COASTER STEP

41-42 Step Forward On Left, On The Ball Of Left Foot Make Full Turn Right Step Forward On Right
Alt: Walk Forward
43&44 Step Forward On Left, Step Right By Left, Step Forward On Left
45-46 Rock Forward On Right, Recover On Left
47& 48 Step Back On Right, Left By Right, Step Forward On Right

¼ SWAY, RECOVER, CROSS SHUFFLE, MODIFIED MONTEREY TURN, SWAY, RECOVER

49-50 Making ¼ Turn Right Sway Left To Left, Recover On Right 6 o' Clock
51&52 Cross Left Over Right, Step Right To Right, Cross Left Over Right
53-54 Point Right To Right, Full Turn Right Stepping Right By Left
Alt: Hold, & Step Right By Left 6 o' Clock

55-56 Sway Left To Left, Recover On Right

CROSS, BACK, SIDE, CROSS, MODIFIED MONTEREY TURN, SWAY, RECOVER

57-58 Cross Left Over Right, Step Back On Right

59-60 Step Left To Left, Cross Right Over Left

61-62 Point Left To Left, Full Turn Left Stepping Left By Right

Alt: Hold, & Step Left By Right 6 o' Clock

63-64 Sway Right To Right Recover On Left

START AGAIN
