

# Life

拍数: 32      墙数: 4      级数: Beginner  
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音乐: Life - Des'ree



**Notes : Start after 32 count - Tag after 4th wall**

**(1-8) Diagonal Lock Step and Lock shuffle**

1 - 2      Step R diagonal forward (01.30), lock step L behind R  
3 & 4      Step R forward, step L behind R, step R forward  
5 - 6      Step L diagonal forward (10.30), lock step R behind L  
7 & 8      Step L forward, step R behind L, step L forward

**(9-16) Point, step back and coaster step, ½ monterey turn**

1 - 2      Point R forward, step R back  
3 & 4      Make 1/8 turn right stepping back on L (12.00), step R beside L, step L forward  
5 - 6      Touch R to side, make ½ turn right stepping R beside L (06.00)  
7 - 8      Touch L to side, step L together

**(17-24) Cross step, cross shuffle, side touch and ¼ turn shuffle**

1 - 2      Cross R over L, step L to side  
3 & 4      Cross R over L, step L to side, cross R over L  
5 - 6      Step L to side, touch R next to L  
7 & 8      Make ¼ turn right stepping R forward (03.00), step L behind R, step R forward

**(25-32) Skate, mambo, side cross**

1 - 2      Skate L forward, skate L forward  
3 & 4      Step L forward, recover on R, step L back  
5 & 6      Step R to side, recover on L, cross R over L  
7 & 8      Step L to side, recover on R, cross L over R

**Tag: Vine, chasse and New York**

1 - 2      Step R to side, cross L behind R  
3 & 4      Step R to side, step L beside R, step R to side  
5 - 6      Cross L over L, recover on R  
7 & 8      Step L to side, step R beside L, step L to side

**Enjoy and have fun**