The Life Of Riley



编舞者: Alan Birchall (UK) - February 2013

音乐: Life of Riley - Lightning Seeds: (CD: Like You Do... The Best Of The Lightning

Seeds)



Start: On Lyrics - Seconds: 23 - Count: 32 From The Main Music

CROSS SIDE, RO	CK. RECOVER	. 1⁄2 TURN.	SHUFFLE
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1-2	Cross Right Over Left, Step Left To Left
3-4	Rock Back On Right, Recover On Left

Step Right To Right, Making ½ Turn Right Step Left By Right
Step Forward On Right, Step Left By Right, Step Forward On Right

MAMBO FORWARD, MAMBO BACK, ROCK, RECOVER, CROSS, 1/4 TURN, POINT

9&10	Rock Forward On Left, Recover On Right, Step Back On Left
11&12	Rock Back On Right, Recover On Left, Step Forward On Right

13&14 Rock Left To Left, Recover On Right, Cross Left Over Right - Weight On Left

15&16 Point Right To Right, Making ¼ Turn Right Step Right By Left, Point Left To Left 9:00

Tag & Restart Here During Walls 3 (Facing 6:00) & 6 (Facing 12:00)

On 3rd & 6th Walls Replace 15&16 With Rock, Recover – 15: Rock Right To Right, 16: Recover On Left Then Restart From The Beginning

CROSS, COASTER STEP, LOCK, STEP, ROCK, RECOVER, 11/4 TRIPLE TURN

17-18	Cross Left Over Right, Step Back On Right
&19-20	Step Left By Right, Step Forward On Right, Lock Left Behind Right
&21-22	Step Forward On Right, Rock Forward On Left, Recover On The Right
23&24	Make 11/4 Triple Turn Left Stepping Left, Right, Left 6:00 Alt: 1/4 Side Shuffle

CROSS ROCK, RECOVER, 11/4 TRIPLE TURN, STEP, 1/2 PIVOT, SHUFFLE

27&28 Make 11/4 Triple Turn Right Stepping Left, Right, 9:00 Alt: 1/4 Side Shuffle

29-30 Step Forward On Left, ½ Pivot Right

31&32 Step Forward On Left, Step Right By Left, Step Forward On Left 3:00

CROSS, BACK, SIDE SHUFFLE, x2

33-34	Cross Right Over Left, Step Back On Left
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35&36 Step Right To Right, Step Left By Right, Step Right To Right

37-38 Cross Left Over Right, Step Back On Right

39&40 Step Left To Left, Step Right By Left, Step Left To Left

FRONT, SIDE, 1/2 SAILOR TURN, FRONT, SIDE, SAILOR

41-42	Touch Right Over Left	t, Touch Right To Right
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43&44 Making ½ Turn Right Step Right behind Left, Step Left By Right, Step Right In Place 9:00

45-46 Touch Left Over Right, Touch Left To Left

47&48 Cross Left Behind Right, Step Right To Right, Step Left In Place

CROSS, POINT x2, CROSS, UNWIND, SHUFFLE

49-50	Cross Right Over Left, Point Left To Left
51-52	Cross Left Over Right, Point Right To Right
53-54	Cross Right Over Left, Unwind 1/2 Turn Left - Weight Ends On Left 3:00
55&56	Step Forward On Right, Step Left By Right, Step Forward On Right

ROCK, RECOVER, SHUFFLE, 1/4 STEP, TOUCH, FULL TRIPLE TURN

57-58 Rock Forward On Left, Recover On Right

59&60 Step Back On Left, Step Right By Left, Step Back On Left
61-62 Making ¼ Turn Right Step Right To Right, Touch Left By Right

Make A Full Triple Turn Left Stepping Left, Right, Left 6:00 Alt: Side Shuffle Left

START AGAIN

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