

Life on Mars

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Jean Loafman (USA) - February 2013
音乐: Better Chance of Finding Life On Mars - Fools Gold



RUMBA BOX BACK

1-4 Step left side, step right together, step left back, hold
5-8 Step right side, step left together, step right forward, hold

TRIPLE ½ RIGHT, BACK SIDE CROSS

1-4 Step left together, step right together, turn ½ right and step together, hold
5-8 Cross right behind, step left side, cross right over left, hold

SCISSOR STEPS LEFT AND RIGHT

1-4 Step left side, step right together, cross left over right, hold
5-8 Step right side, step left together, cross right over left, hold

TRIPLE FULL RIGHT, WALK BACK BACK BACK

On the next 3 counts you will turn a full turn right

1-4 Step left together, step right together, step left together, hold
5-8 Step back right, step left back, step right back, hold

COASTER CROSS, STEP TOGETHER 1/4

1-4 Step left back, step right together, cross left over right, hold
5-8 Step right side, step left together, turn 1/4 right and step forward, hold

TRIPLE FULL RIGHT, MAMBO FORWARD

On the next 3 counts you will turn a full turn right

1-4 Step left together, step right together, step left together, hold
5-8 Rock right forward recover to left, step right together, hold

LOCK STEP BACK 2X

1-4 Step left back, cross right over left, step left back, hold
5-8 Step right back, cross left over right, step right back, hold

SAILOR 1/4 LEFT, 1/4 LEFT CROSS

1-4 Turn 1/4 left and cross left behind right, step right side, step left together, hold
5-8 Step right forward, turn 1/4 left (weight to left), cross right over left, hold

Repeat

Contact: jeanloafman@gmail.com