

Life Is A River

拍数: 96 墙数: 4 级数: Intermediate
编舞者: Judith Campbell (NZ) - February 2013
音乐: Life Is a River - Derek Ryan



Intro: 24 – Start on the word – "WALKING" - No Tags or Restarts

[1 – 12] TWO WALKS DRAG FWD – FWD COASTER – STEP DRAG BACK

1 – 6 Walk fwd R, dragging L ft in for 2 counts, walk fwd on L, drag R in for 2 counts
1 – 6 Step fwd on R ft, bring L next to R, step back onto R ft, step back on L ft, drag R in 2 counts

[13 – 24] 1/4 SWAY R – L – 1/4 SWAY R - L

1 – 6 (turning 1/4 to R) Step/slide R ft to R.Side sway, sway out to LS while dragging R ft next to L ft (3:00)
1 – 6 (turning 1/4 to R) Step/slide R out to RS sway, sway to LS dragging R ft next to L ft (6:00)

[25 – 36] TWO WALTZ STEPS – to RS Turning – WALTZ FWD / BACK

1 – 6 (Turn Waltz Step) Stepping RLR, LRL moving across to R Side
1 – 6 Basic waltz step fwd RLR, waltz back LRL

[37 – 42] STEP FWD HOOK – STEP BACK LEG SWING

1 2 3 Step fwd on R ft, hook L ft up behind R calf, HOLD
4 5 6 Step L ft back, swing R ft/leg (just off floor) around to RS

[43 – 48] BEHIND SIDE FRONT (weave) – BIG SIDE STEP DRAG

1 2 3 Step R behind L, step L to LS, step R across L,
4 5 6 Big step L to L side, drag R ft in for 2 counts on ball

[49 – 54] CROSS ROCK – TWO TOE KNOCKS – BEHIND SIDE

1 2 3 Cross/step R over L, knock L ft on toe twice behind R ft, (L ft finishes off floor)
4 5 6 Step L ft behind R, step R to RS, step L across in front of R

[55 – 60] STEP SCUFF – HEEL TAP – STEP – HOLD

1 2 3 Step R to R, scuff L across R, Lift and lower R heel (heel tap),
4 5 6 Step L ft across R, HOLD 2 counts

[61 – 66] TWO HALF PIVOT TURNS to L

1 – 6 Step Fwd on R ft, pivot 1/2 to L, hold (12:00), step fwd on R, pivot 1/2 to L, hold (6:00)

[67 – 72] TWO SLOW SAMBAS

1 2 3 Cross R over L, step L to L side , step R in place, (body facing 2:00)
4 5 6 Cross L over R, step R to R side, step L in place, (body facing 10:00)

[73 – 90] ROCK FWD HOLD – RECOVER - TURN – WALK WALK – (3 times in all)

1 2 3 Step fwd on R ft, HOLD 2 counts (R arm fwd)
4 5 6 Step back onto L ft, (turning 1/2 R) – stepping fwd onto R ft, step fwd on L ft (12:00)

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1 2 3 Step fwd on R ft, HOLD 2 counts (R arm fwd)
4 5 6 Step back onto L ft, (turning 1/2 R) – stepping fwd onto R ft, step fwd on L ft (12:00)

[91 – 96] STEP FWD on R – turning 1/4 R – SWEEP L to FRONT – DRAG

1 2 3 Step fwd on R ft, sweep L ft around to front for 2 counts,

4 5 6 Step down onto L ft, drag R in next to L, (3:00)

[96] START DANCE IN NEW DIRECTION – Enjoy just let it flow

This is a beautiful song with lovely lyrics

Contact: email: jude.aleccampbell@xtra.co.nz - www.hookedoncountry.co.nz
