

Bet My Life

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Craig Bennett (UK) & Niels Poulsen (DK) - December 2014
音樂: I Bet My Life - Imagine Dragons : (iTunes)



Intro: Start after 48 counts (app. 26 secs into track). Weight on L.

Tag: After wall 1, facing 3:00. Do a Right rocking chair on counts 1-4, then Restart.

[1 – 8] R rock fwd, together, L rock fwd, L shuffle back, R coaster step

1 – 2& Rock fwd on R (1), recover back on L (2), step R next to L (&) 12:00
3 – 4 Rock fwd on L (3), recover back on R (4) 12:00
5&6 Step back on L (5), step R next to R (&), step back on L (6) 12:00
7&8 Step back on R (7), step L next to R (&), step fwd on R and slightly to R diagonal (8) 12:00

[9 – 16] L samba step fwd, R samba step fwd, jazz ¼ L into L chassé

1&2 Cross L over R (1), rock R to R side (&), recover on L (2) 12:00
3&4 Cross R over L (3), rock L to L side (&), recover on R (4) 12:00
5 – 6 Cross L over R (5), turn ¼ L stepping back on R (6) 9:00
7&8 Step L to L side (7), step R next to L (&), step L to L side (8) 9:00

[17 – 25] R samba ¼ R, walk L R, L & R heel switches, L rock fwd

1&2 Cross R over L (1), rock L to L side (&), turn ¼ R and recover on R (2) 12:00
3 – 4 Walk fwd on L (3), walk fwd on R (4) 12:00
5&6& Touch L heel fwd (5), step L next to R (&), touch R heel fwd (6), step R next to L (&) 12:00
7 – 8 Rock fwd on L (7), recover back on R (8) 12:00

[26 – 32] L shuffle back, R back rock, Monterey ¼ R

1&2 Step back on L (1), step R next to L (&), step back on L (2) 12:00
3 – 4 Rock back on R (3), recover fwd on L (4) 12:00
5 – 6 Point R to R side (5), turn ¼ R stepping R next to L (6) 3:00
7 – 8 Point L to L side (7), step L next to R (8) 3:00

Start again

Ending: Your last wall is wall no. 9, starts facing 12:00. To end facing 12:00 complete the whole wall and then turn ¼ L stepping R to R side on count 1 [12:00]