The Story Of My Life

級數: Improver

編舞者: Betty Moses (USA) - March 2015

音樂: Story of My Life - One Direction : (Album: Midnight Memories)

Intro: 32 Counts

拍數: 64

[1-8] SIDE ROCK/RECOVER, BACK ROCK/RECOVER, SIDE ROCK/RECOVER, CROSSING TRIPLE

- 1-2 Rock R to side. Recover on L
- 3-4 Rock R back, Recover on L
- 5-6 Rock R to side, Recover on L
- 7&8 Cross R over L, Step L to side, Cross R over L

[9-16] SIDE ROCK/RECOVER, BACK ROCK/RECOVER, SIDE ROCK/RECOVER, CROSSING TRIPLE

- 1-2 Rock L to side, Recover on R
- 3-4 Rock L back, Recover on R
- 5-6 Rock L to side, Recover on R
- 7&8 Cross L over R, Step R to side, Cross L over R

[17-24] SIDE ROCK/RECOVER, BACK ROCK/RECOVER, PIVOT ¼, WALK-WALK

- 1-2 Rock R to side, Recover on L
- 3-4 Rock R back, Recover on L
- 5-6 Step forward R, Pivot ¼ left [9:00]
- 7-8 Step forward on R, Step forward on L (Optional full turn left stepping back on R, forward on L)

[25-32] ROCK FORWARD/RECOVER, FULL TURN, ROCK BACK/RECOVER

- Rock forward on R, Recover on L 1-2
- 3&4 Triple step turning ¹/₂ right [3:00]
- 5&6 Triple step turning ¹/₂ right [9:00]
- 7-8 Rock back on R, Recover on L

[33-40] STEP TOUCH, KICKBALL CROSS, ¼ TURN, ¼ TURN, TRIPLE FORWARD

- 1-2 Step R to side, Touch L next to R
- 3&4 Kick L at angle, Step back on ball of L, Cross R over L,
- 5-6 Step back on L turning ¼ right, Step forward on R turning ¼ right [3:00]
- 7&8 Triple forward on the L

[41-48] VINE RIGHT, BRUSH ½ TURN, VINE LEFT, BRUSH

- 1-4 Step R to side, Step L behind R, Step R to side, Brush L forward turning ½ right [9:00]
- Step L to side, Step R behind L, Step L to side, Brush R forward 5-8

[49-56] VINE RIGHT, BRUSH 1/2 TURN, VINE LEFT, BRUSH

- 1-4 Step R to side, Step L behind R, Step R to side, Brush L forward turning ¹/₂ right [3:00]
- 5-8 Step L to side, Step R behind L, Step L to side, Brush R forward

157-641 ROCK FORWARD/RECOVER. ROCK BACK/RECOVER. ¼ TURN JAZZ BOX

- 1-2 Rock forward on R, Recover on L
- 3-4 Rock back R, Recover L
- 5-8 Cross R over L, Step back on L turning ¼ right, Step R to forward, Cross L over R [6:00] ENDING: STEP FORWARD ON R, PIVOT ½ LEFT TO FACE THE FRONT [12:00]

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牆數:2