

Real Life

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Gail Smith (USA) - August 2015
音樂: Real Life - Jake Owen



INTRO: 16 Counts, start on vocals - NO Tags Or Restarts

S1: 1/4 MONTEREY TURN, HEEL SWITCHES, SIDE POINTS, KICK-BALL-STEP

1 & Point R toes out to side, 1/4 turn R & step R together
2 & Point L toes out to side, step L together
3 & 4 & Tap R heel fwd, step together, tap L heel fwd, step together
5 & 6 & Tap R toes out to side, step together, tap L toes out to side, step together
7 & 8 Kick R fwd, step together on ball of R foot, step L fwd [3:00]

S2: KICK-HOOK-KICK (R & L), LOCK STEP FWD, CHASE 1/2 TURN

1 & 2 Kick R fwd, hook R in front of L shin, kick R fwd
& 3 & 4 Step R together, kick L fwd, hook L in front of R shin, kick L fwd
& 5 & 6 Step L together, lock step fwd, R-L-R (or shuffle)
7 & 8 Step L fwd, pivot 1/2 turn R, step L fwd [9:00]

S3: SIDE HOPS with TOUCHES, BACK HOPS with TOUCHES, HEEL JACK, TOUCH

& 1 & 2 Hop to R side, touch L, bump L hip up-down (or HOLD & CLAP)
& 3 & 4 Hop to L side, touch R, bump R hip up-down (or HOLD & CLAP)
& 5 & 6 Hop back R, touch L, hop back L, touch R
& 7 & 8 Hop back R, tap L heel fwd (L angle), step L down in place, touch R

S4: BALL-CROSS, HOLD, BALL-CROSS, HOLD, BALL-CROSS & HEEL, BALL-CROSS, HOLD

& 1 - 2 Step ball of R to side, step L across R, HOLD and CLAP
& 3 - 4 Step ball of R to side, step L across R, HOLD and CLAP
& 5 & 6 Step ball of R to side, step L across R, step R to side, tap L heel to fwd L angle
& 7 - 8 Step L slightly back, step R across L, HOLD and CLAP

S5: 1/4 SHUFFLE FWD, FWD MAMBO STEP, COASTER STEP, 1/4 TURN PIVOT

1 & 2 Turn 1/4 L as you shuffle fwd L-R-L [6:00]
3 & 4 Rock R fwd, recover on L, step R slightly back
5 & 6 Step L back, step R together, step L fwd
7 - 8 Step R fwd, pivot 1/4 L (weight to L) [3:00]

S6: CROSS, HOLD, BALL-CROSS, HOLD, BALL-CROSS & HEEL, BALL-CROSS, HOLD

1 - 2 Step R across L, HOLD and CLAP
& 3 - 4 Step ball of L to side, step R across L, HOLD and CLAP
& 5 & 6 Step ball of L to side, step R across L, step L to side, tap R heel to fwd R angle
& 7 - 8 Step R slightly back, step L across R, HOLD and CLAP

START AGAIN

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