

Lush Life

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Yvonne Anderson (SCO) - November 2015
音樂: Lush Life - Zara Larsson



If you have difficulty sourcing this track please contact me.

Notes: Start on vocal. No Tags, No Restarts. Huge thanks to Emma Tornros Almlund for suggesting this music

[1-8] □ RIGHT VAUDEVILLE, 1/4 LEFT, 1/2 LEFT, EXTENDED SHUFFLE with HALF LEFT, WALK FORWARD

1&2& Step R across left, (&) Step L back, Touch R heel forward, (&) Step R beside left [12]
3-4 Step L across right, Make 1/4 turn left stepping R back [9]
5& Make 1/2 turn left stepping L forward, (&) Step R beside left [3]
6& Make 1/4 turn left step L forward (&) Step R beside left [12]
7-8 Make 1/4 turn left stepping L forward, Step R forward [9]
(counts 5-8 are danced in a smooth arc)

[9-16] □ SIDE ROCK CROSS X 2 (travels forward), COASTER STEP, SCUFF, HITCH 1/4 LEFT, STEP

1&2 Rock L to left, (&) Recover weight on R, Step L across right and slightly forward [9]
3&4 Rock R to right, (&) Recover weight on L, Step R across left and slightly forward [9]
(counts 1-4 have a Samba feel...so use your hips)
5&6 Step L back, (&) Step R beside left (pushing hips back slightly) step L forward [9]
7&8 Scuff R foot forward, (&) Make 1/4 turn left hitching R knee, Step R to side [6]
(counts 7&8 – for a funky feel add shoulder pops R,L,R)

[17-24] □ SAILOR 1/4 LEFT, SHUFFLE FORWARD, KICK-BALL-POINT, CROSS UNWIND 3/4 LEFT

1&2 Step L behind right, (&) Make 1/8 turn left stepping R to side, Make 1/8 left stepping L to side [3]
3&4 Shuffle forward stepping R,L,R [3]
5&6 Kick L forward, (&) Step ball of L beside right, Point R toes to right [3]
7-8 Touch R toes across left, Unwind 3/4 turn left weight ends on R [6]

[25-32] □ BEHIND- SIDE-FORWARD, STEP-LOCK-STEP, MAMBO 1/2 LEFT, PADDLE 3/4 LEFT

1&2 Step L behind right, (&) Step R to side, Step L forward [6]
3&4 Step R forward, (&) Lock L behind right, Step R forward [6]
5&6 Rock L forward, (&) Recover weight on R, Make 1/2 turn left stepping L forward [12]
7&8 With weight on left pivot 1/4 turn left and touch R toes to right side, (&) With weight on left push off from right toes and make 1/2 turn left, (&) Touch R toes to right side [3]

Repeat