

This Is The Life

拍數: 48 牆數: 2 級數: Phrased Improver
編舞者: Laine Arbidane (LAT) - December 2015
音樂: This Is The Life - Amy McDonald



Sequence: AAB, AAB, BAA, HOLD, A

PART A – 32 COUNTS

A1: 2X SHUFFLES DIAGONAL FORWARD, RF SHUFFLE FORWARD, LF MAMBO FORWARD

1&2 RF step diagonal Forward, LF step next to RF, RF step diagonal (1:30)
3&4 LF step diagonal Forward, RF step next to LF, LF step diagonal (11:30)
5&6 RF step forward, LF step next to RF, RF step forward (12:00)
7&8 LF step forward, recover on RF, LF step next to RF

A2: HEEL JACK, HEEL JACK WITH ¼ TURN LEFT, PIVOT TURN STEP, FULL TURN FORWARD

1&2& RF across LF, LF to the side, RF heel to the right diagonal, RF next to LF
3&4& LF across RF, RF to the side, LF heel to the left diagonal, turn 1/4 left LF step forward (9:00)
weight
5&6 RF step forward, ½ turn left recover on LF, RF step forward (3:00)
7&8 ½ turn right LF back, ½ turn right RF step forward, LF step forward

A3: RF SHUFFLE FORWARD, HEEL TOUCHES, STEP, KICK CROSS 2X, STEP, TOUCH

1&2 RF step forward, LF next to right, RF step forward
3&4& LF heel touch to diagonal, LF step next to RF, RF heel touch to diagonal, RF step next to LF
5&6& LF kick forward, LF step across RF, RF step next to LF, LF step next to RF
7&8& RF kick forward, RF step across LF, LF step next to RF, RF touch next to LF

A4: ¼ TURN, 1/2 TURN, R COASTER STEP, STEP CLAP 2X, PIVOT TURN STEP

1-2 Turn ¼ right RF step forward (6:00), turn ½ right LF step back
3&4 RF step back, LF step next to RF, RF step forward
5&6& LF step forward, Clap, RF step forward, Clap
7&8 LF step forward, 1/2 turn right recover on RF, LF step next to RF

PART B – 16 COUNTS

B1: R SAILOR STEP, L SHUFFLE, TURN, TURN, KICK OUT OUT, STEP

1&2 RF cross behind LF, LF step next to RF, RF step side right
3&4 LF step forward, RF step next to LF, LF step forward
5-6 1/4 turn right RF step forward, ½ turn right LF step back
7&8& RF kick forward, RF step out to right side, LF step out to left side, RF step next to LF

B2: STEP, TOUCH, STEP, TOUCH, 3/4 TRIPPLE TURN, R COASTER STEP, L SIDE MAMBO

1&2& LF step forward, RF touch next to LF, RF step back, LF touch next to RF
3&4 ¼ turn left LF step forward, 1/2 turn left RF step back, LF step next to RF
5&6 RF step back, LF step next to RF, RF step forward
7&8 LF rock to the side, recover weight on RF, LF next to RF

TAG: HOLD after wall 9 hold for 3 counts

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