

# Lush Life

拍數: 32      牆數: 4      級數: Newcomer – Novice  
編舞者: Jérémy Schoenenberger (FR) - April 2016  
音樂: Lush Life - Zara Larsson



Restart on 9th wall after 16counts

**[1 – 8] Rock cross heel swivel, Rock Step side, Heel cross, Side step, Heel Cross, Hold ) x2**

- 1&      Cross RF on heel by swivelling the point from L to R, recover weight on LF
- 2&      Rock RF on R side, recover weight on LF
- 3&      Cross RF forward on heel with point of the feet in direction of L, Step side on LF by swivelling point of RF to R side
- 4&      Cross RF forward on heel, hold (put weight on RF)
- 5&      Cross LF on heel by swivelling the point from R to L, recover weight on RF
- 6&      Rock LF on L side, recover weight on RF
- 7&      Cross LF forward on heel with point of the feet in direction of R, Step side on RF by swivelling point of LF to L side
- 8&      Cross LF forward on heel, hold (put weight on LF)

**[9 – 16] Step Side, Touch, Step Side, Touch, Triple Step, Touch ) x2**

- 1&      Step RF to R side, Touch LF next to RF
- 2&      Step LF to L side, Touch RF next to LF
- 3&4&      Triple step to R side (R, F, R), Touch LF next to RF
- 5&      Step LF to L side, Touch RF next to LF
- 6&      Step RF to R side, Touch LF next to RF
- 7&8&      Triple step to L side (L, R, L), Touch RF next to LF

Open your knees every time you make a step on side, and close your knees when touching or close your feet

**[17 – 24] Cross Forward, Step Back, Triple Step Side ) x2**

- 1 2      Cross RF forward, Step back on LF
- 3&4      Triple step to R side (R, L, R)
- 5 6      Cross LF forward, Step back on RF
- 7&8      Triple step to L side (L, R, L)

**[25 – 32] Step Turn x2, Rock Step forward, Rock Step Back, Jump x3**

- 1 2      Step RF forward, Turn  $\frac{1}{4}$  to L with weight on LF (Facing 9:00)
- 3 4      Step RF forward, Turn  $\frac{1}{4}$  to L with weight on LF (Facing 6:00)
- 5&      Rock step forward on RF, recover weight on LF
- 6&      Rock step back diagonally on RF, recover weight on LF
- 7&8      Jump on both feet making  $\frac{1}{4}$  turn on L ) x3 (Finish dance on 9:00)

Contact: [jeremy.sch@free.fr](mailto:jeremy.sch@free.fr)