

Life Is a Play

拍數: 32 牆數: 4 級數: Beginner
編舞者: Maite Alemany (ES) & Maria Jesús Osuna (ES) - December 2015
音樂: Life Was a Play (The World a Stage) - Toby Keith : (CD: Boomtown, 2015)



Sequence : Intro 32 – 32 – 32 – 32 – 32 – 16 restart – 32 – 32 – 32 – 32 – 32 – 32 - 32

[1-8] GRAPEVINE RIGHT with ½ TURN LEFT ending HOOK – GRAPEVINE LEFT ending HOOK

1-2 Step right to the right side , Cross left behind right
3-4 Step right to the right side , ½ turn left and hook left over right (06.00)
5-6 Step left to the left side , Cross right behind left
7-8 Step left to the left side , hook right behind left

[9-16] ROCK SIDE (R) – ½ TURN RIGHT – HOLD – ROCK CROSS (L) – SIDE – CROSS (R)

1-2 Step right to the right side , recover on left
3-4 On ball of left make ½ turn right stepping right beside left , hold (12.00)
5-6 Step left on right diagonally forward , recover on right
7-8 Step left to the left side , cross right over left

•□During wall 5 dance up to count 16 (looking for 12.00)

[17-24] POINT (L) – STEP BWD – POINT (R) - STEP FWD – ROCK FWD (L) – SHUFFLE ½ TURN

1-2 Touch left toe to the left side , Step left backward (extended 3rd)
3-4 Touch right toe to the right side , step right forward (extended 3rd)
5-6 Step left forward , recover on right
7&8 ½ turn left and step left forward , right next to left , step left forward (06.00)

[25-32] STEP FWD (R) - ¼ TURN LEFT – WAVE – STEP FWD (R) – TOGETHER

1-2 Step right forward , ¼ turn left pivoting on both feet (03.00)
3-4 Cross right over left , Step left to left side
5-6 Cross right behind left , step left to left side
7-8 Step right forward , left beside right (weight on left)

REPEAT

Contacts: countrypons@yahoo.es - mjosufu@gmail.com