

Life's Lesson

拍數: 64 牆數: 4 級數: High Intermediate
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音樂: Don't Be So Hard On Yourself - Jess Glynne



Quick Start! Star dancing on the lyrics

S1: Step tap, Side shuffle ¼, Step ½, ¼ Side shuffle (End Facing 12 o'clock)

1,2 Step R to R side(1) Tap L behind(2)
3&4 Left side shuffle R(3)L(&)R(4) making a ¼ turn left on count 4
5,6 Step left forward(5) ½ turn left(6)
7&8 Step R to R making a ¼ L and side shuffle R(7) L(&) R(8)

S2: Back rock recover, & Behind side cross, Step ¼ turn, Cross shuffle (End facing 3 o'clock)

1,2 Rock L back slightly behind R(1) Recover to R(2)
&3 Step L to L(&) Step R behind L(3)
&4 Step L to L(&) Step R forward(4) Slightly larger step (Optional Styling: body roll up)
5,6 Step L forward(5) ¼ R(6)
7&8 Cross L over R(7) Step R slightly to R(&) Cross L over R(8)

S3: Step side, ½ Turn torque left, Unwind ½ turn right, Sweeping ½ turn sailor step, Rock recover, Step (End facing 9 o'clock)

1,2 Step R to R side(1) Keeping your feet in place, turn a ½ turn over L as you bend your knees to change levels(2)
3 Unwind ½ turn R as you rise back up, starting to sweep R foot around (3)
4&5 Continuing sweep, sailor step ½ turn R stepping R behind L making ¼ R(4) Step L slightly to L as you make a ¼ R(&) Step R slight forward(5)
6,7 Rock L forward(6) Recover back R(7)
8 Step L slightly back(8)

S4: Samba x2, ¼ Turn Left, ¼ Turn Left, Cross Rock recover (End facing 3 o'clock)

&1,2 Step R to R side(&) Step L in place underneath you(1) Cross R over L(2)
&,3,4 Step L to L side (&) Step R in place underneath you(3) Cross L over R(4)
5,6 Step R back making a ¼ turn L(5) Step L side as you make a ¼ L(6)
7,8 Cross rock R over L(7) Recover L(8) (Note: Start opening up to back corner – 4:30)

S5: Walk x2 to the diagonal, Side rock cross, Cross, ¼ Turn Left, ¾ Turn shuffle left cross (Facing 12 o'clock)

1,2 Walk forward to 4:30 R(1) Walk forward L(2)
3&4 Rock R to R side(3) Recover to L(&) Cross R over L making a 1/8 turn L Straightening out to 3 o'clock(4)
5,6 ¼ turn L as you cross L over R(5) Step L back making a ¼ turn L(6)
7&8 Shuffle ¾ turn over L stepping L to L as you make a ¼ turn L(7) Step R together as you make another ¼ L(&) Step L across R as you make another ¼ turn L

S6: Side rock recover, Behind side step with dip, Lift, Step, Right mambo step (End facing 12 o'clock)

1,2 Side Rock R to R(1) Recover to L(2)
3&4 Step R behind L(3) Step L to L side(&) Step R forward and across L as you bend the knees to dip down(4)
5,6 Bring L knee up as you raise up from dip(5) Step L forward(6)
7&8 Rock R forward(7) Recover L(&) Step R slightly back(8)

S7: Step back tap, Step back tap, Full turn back, Step back tap (End facing 12 o'clock)

1,2 Step Back L(1) Tap R toes forward as you lift R hip up(2)

3,4 Step Back R(3) Tap L toes forward as you lift L hip up(4)
5,6 Make a ½ turn L stepping L forward(5) Make a 1/2 turn L stepping R back(6)
7,8 Step Back L(1) Tap R toes forward as you lift R hip up(2)

S8: Back rock recover, Walk x2 (optional full turn) Mambo ½ right, ¼ right side, Tap (End facing 9 o'clock)

1,2 Rock R back(1) Recover L(2)
3,4 Walk forward R(5) Walk forward L(6) (Option: ½ turn L stepping R back(5) ½ turn L stepping L forward)
5&6 Rock R forward(5) Recover L(&) ½ turn R stepping R forward(6)
7,8 ¼ R as you step L out to L(7) Tap R toes behind L(8)

No Tags, No Restarts. Just Go!
