

Life Must Go On

拍數: 48 牆數: 2 級數: Easy Intermediate
編舞者: Séverine Fillion (FR) - June 2016
音樂: When I'm Gone - Craig Morgan : (Album: A Whole Lot More To Me)



Intro : 16 counts

[1-8] DIAGONALLY TRIPLE STEP FWD (R & L), ROCK FWD, TRIPLE STEP ½ TURN

1&2 Triple step right – left – right diagonally right fwd
3&4 Triple step left – right – left diagonally left fwd
5-6 Rock step right fwd, recover on left
7&8 ½ turn right and Triple step right – left – right fwd 6 :00

[9-16] STEP ½ TURN & KICK, COASTER STEP, SIDE ROCK & SIDE ROCK

1-2 Left step fwd, Turn ½ right on left foot with right Kick fwd 12 :00
3&4 Right step back, left next to right, right step fwd
5-6& Rock step left to left side, recover on right, left next to right
7-8 Rock step right to right side, recover on left

[17-24] CROSS SAMBA (R & L), STEP FWD, HEEL TWIST, COASTER STEP

1&2 Right cross over left, rock step left to left, recover on right
3&4 Left cross over right, rock step right to right, recover on left
5&6 Right step fwd, Swivel both heels to the right (&), recover heels to the center (2)
7&8 Right step back, left next to right, right step fwd * Restart 3th wall

[25-32] HEEL & TOE SWITCHES ½ TURN, STEP FWD, HEEL TWIST, COASTER STEP

1&2 Touch left heel fwd, recover on left with ¼ turn right, touch right toe next to left
&3 Recover on right, touch left heel fwd
&4& recover on left with ¼ turn right, touch right heel fwd, recover on right 6 :00
5&6 Left step fwd, Swivel both heels to the left (&), recover heels to the center (6)
7&8 Left step back, right next to left, left step fwd

[33-40] SIDE TRIPLE R, SAILOR STEP (L & R), CROSS BEHIND, UNWIND ½ TURN L

1&2 Triple step right – left – right to right side
3&4 Left cross behind right, right to right, left to left
5&6 Right cross behind left, left to left, right to right
7-8 Touch left toe just behind right, unwind ½ turn left (ending weight on left) 12 :00

[41-48] SIDE TRIPLE R, SAILOR STEP (L & R), CROSS BEHIND, UNWIND ½ TURN L

1&2 Triple step right – left – right to right side
3&4 Left cross behind right, right to right, left to left
5&6 Right cross behind left, left to left, right to right
7-8 Touch left toe just behind right, unwind ½ turn left (ending weight on left) 6 :00

RESTART : On 3th wall after 24 counts at 12 :00 (ending the coaster step with a right Touch to start again the dance at the beginning)

ENJOY & SMILE !!