

Lovin' Life

拍數: 32 牆數: 2 級數: Novice - Polka
編舞者: Miquel Menéndez (ES) & Kelli Haugen (NOR) - November 2016
音樂: I Love This Life - LOCASH



#16 Count Intro

SAILOR STEP, SAILOR STEP ¼ TURN, BRUSH, HITCH, STEP, SAILOR STEP 5/8 TURN

- 1 RF □ Cross behind LF
- & LF □ Step side left
- 2 RF □ Step diagonally forward right
- 3 LF □ Cross behind RF
- & RF □ ¼ turn left step side right (9.00)
- 4 LF □ Step diagonally forward left
- 5 RF □ Brush forward
- & RF □ Hitch
- 6 RF □ Step forward
- 7 LF □ ¼ turn left cross behind RF
- & RF □ ¼ turn left step side right
- 8 LF □ 1/8 turn left step forward (1.30)

GALLOP 4X, STEP, ½ TURN, CHASSE 3/8 TURN

- 9 RF □ Step forward
- & LF □ Step next to RF
- 10 RF □ Step forward
- & LF □ Step next to RF
- 11 RF □ Step forward
- & LF □ Step next to RF
- 12 RF □ Step forward
- 13 LF □ Step forward
- 14 RF □ ½ turn right (7.30)
- 15 LF □ 1/8 turn right step side right
- & RF □ Step next to LF
- 16 LF □ ¼ turn right step back (12.00)

WALK BACK 2X, COASTER STEP, WALK FORWARD 2X, BALL, TOUCH, STEP, SWEEP

- 17 RF □ Walk back
- 18 LF □ Walk back
- 19 RF □ Step back
- & LF □ Step next to RF
- 20 RF □ Step forward
- 21 LF □ Walk forward
- 22 RF □ Walk forward
- & LF □ Step forward
- 23 RF □ Touch behind LF
- & RF □ Step in place
- 24 LF □ Sweep from front to back

WEAVE, 1/8 TURN STEP, ½ TURN, STEP, 7/8 TURN, SWEEP

- 25 LF □ Cross behind RF
- & RF □ Step side right
- 26 LF □ Cross in front of RF

& RF □ Step side right
27 LF □ Cross behind RF
& RF □ Step side right
28 LF □ 1/8 turn right step forward (1.30)
29 RF □ 1/2 turn right (7.30)
30 LF □ Step forward
31 LF □ 7/8 turn right (6.00)
32 RF □ Sweep from front to back

Restart (during walls 4 & 8) after 16 counts

Tag (after wall 9 facing 6.00)

CROSS BACK, STEP SIDE, STEP SIDE, CROSS BACK, STEP SIDE, STEP SIDE

1 RF □ Cross behind LF
2 LF □ Step side left
3 RF □ Step side right
4 LF □ Cross behind RF
5 RF □ Step side right
6 LF □ Step side left

Start again facing 6.00
