

Dear Life

拍數: 64 牆數: 2 級數: Phrased Intermediate - Polka
編舞者: Mike Liadouze (FR) - January 2017
音樂: Dear Life - High Valley



Introduction: □ 16 counts - Sequence: AABB tag1 ABB tag2 AABB final

PART A: 32 counts

A[1-8] □ ROCKING CHAIR, STEP TURN 1/2 L, 1/4 L KICK BALL CROSS

1-2 Rock step RF forward, recover on LF
3-4 Rock step RF back, recover on LF
5&6 Step RF forward, ..1/2 turn L.. weight on LF forward □(6:00)
7&8 1/4 turn L.. kick RF diagonally forward, step RF together, cross LF over RF □(3:00)

A[9-16] □ SYNCOPATED WEAVE, BIG STEP SIDE, SAILOR STEP

&1&2 Step RF together, cross LF over RF, step RF together, cross LF back RF 1
&3&4 Step RF together, cross LF over RF, step RF together, cross LF over RF 1
5-6 Big step RF side, slide LF together
7&8 Cross LF behind RF, step RF side, step LF side
(1) musical option on last two A : replace &2 et &4 by HOLD
&1-2&3-4 BALL CROSS, HOLD, BALL CROSS, HOLD

A[17-24] TOUCH BEHIND, UNWIND 1/2 R, CROSS TRIPLE, 1/2 R CROSS TRIPLE, ROCK STEP SIDE

1-2 Touch R toe behind LF, unwind ..1/2 turn R.. weight on RF side □(9:00)
3&4 Cross LF over RF, step RF side, cross LF over RF
5&6 1/2 turn R.. cross RF over LF, step LF side, cross RF over LF □(3:00)
7-8 Rock step LF side, recover on RF

A[25-32] BALL CROSS, UNWIND 1/2 L, TRIPLE FORWARD, STEP TURN 1/2 R, 1/4 R SIDE, TOUCH

&1-2 Step LF together, cross RF over LF, unwind ..1/2 turn L.. weight on LF forward □(9:00)
3&4 Step RF forward, step LF together, step RF forward
5-6 Step LF forward, ..1/2 turn R.. weight on RF forward □(3:00)
7-8 1/4 turn R.. step LF side, touch R toe together □(6:00)

PART B: 32 counts

B[1-8] □ TRIPLE DIAGONALLY SIDE x2, FULL TURN R, 1/4 R BIG STEP SIDE

1&2 1/8 turn L.. step RF side, step LF together, step RF side □(10:30)
3&4 1/4 turn R.. step LF side, step RF together, step LF side □(1:30)
5-6 3/8 turn R.. step RF forward, ..1/2 turn R.. step LF back □(12:00)
7-8 1/4 turn R.. big step RF side, slide LF together □(3:00)

B[9-16] □ CROSS, SIDE, SAILOR 1/4 L, CAMEL WALK HALF CIRCLE L

1-2 Cross LF over RF, step RF side
3&4 Cross LF behind RF, ..1/4 turn L.. step RF side, step LF forward □(12:00)
5-6 1/8 turn L.. step RF forward pop L knee, ..1/8 turn L.. step LF forward pop R knee □(9:00)
7-8 1/8 turn L.. step RF forward pop L knee, ..1/8 turn L.. step LF forward pop R knee □(6:00)

B[17-24] STEP TURN 1/2 L, TRIPLE FORWARD, SLOW STEP, 1/4 R ROCK STEP SIDE 1/4 L

1-2 Step RF forward, ..1/2 turn L.. weight on LF forward □(12:00)
3&4 Step RF forward, step LF together, step RF forward
5-6 Step LF forward, HOLD2
7-8 1/4 turn R.. rock step RF side, ..1/4 turn L.. recover on LF □(12:00)

(2) musical option on Odd Bs : CHEST POP « trying TO CATCH my breath »
Even Bs : BODY ROLL forward « dear LIFE »

B[25-32] 1/2 L BIG STEP BACK, COASTER STEP, JAZZ BOX

1-2 ..1/2 turn L.. big step RF back, slide LF together□(6:00)
3&4 Step LF back, step RF together, step LF forward
5-6 Cross RF over LF, step LF back
7-8 Step RF side, step LF forward

TAG 1 :□□(12:00)

[1-12] □SLOW STEP TURN, ROCKING CHAIR, SLOW STEP TURN

1-2-3-4 Step RF forward, HOLD, ..1/2 turn L... weight on LF forward, HOLD□(6:00)
5-6 Rock step RF forward, recover on LF
7-8 Rock step RF back, recover on LF
1-2-3-4 Step RF forward, HOLD, ..1/2 turn L.. weight on LF forward, HOLD□(12:00)

TAG 2 :□□(6:00)

[1-4] □SLOW STEP TURN

1-2-3-4 Step RF forward, HOLD, ..1/2 turn L.. weight on LF forward, HOLD□(12:00)

FINAL : STOMP RF forward & raise arms to V shape □(12:00)

Dedicated to « Lili » for finding the music !

Have FUN, good luck !!

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