

# 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 !!

Mike Liadouze (Last update: 27/01/2017) - Email : [mike.liadouze@gmail.com](mailto:mike.liadouze@gmail.com) - Website :  
<http://mikeliadouze.free.fr>

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