

Lie A Little Better

拍數: 40 牆數: 4 級數: Improver
編舞者: Giusimaria Raciti (IT) - July 2016
音樂: Lie a Little Better - Lucy Hale : (Album: Road Between)



Start on lyrics

Tag: At the end of wall 4 and 7

S1: SHUFFLE FORWARD, ROCKSTEP, SHUFFLE BACKWARD, PIVOT TURN

1&2 Step RF Forward, Step LF Beside RF, Step RF Forward
3-4 Rock LF Forward, Recover RF in Place
5&6 Step LF Backward, Step RF Beside LF, Step LF Backward
7-8 Point RF Backward, ½ Pivot Right (06:00)

S2: ROCKSTEP, SAILOR STEP TURN, SIDE TOUCHE, CLAP, SIDE TOUCH FLICK

1-2& Rock LF Forward, Recover RF in Place and Sweep LF Out
3&4 Step LF Behind RF, Step RF Beside LF ¼ Turn Left (03.00), Step LF to Left
5-6 Touch Right Side, Clap
&7-8 Step Right to center, Touch Left Side, Flick Left & Slap

S3: CHASSE LEFT, ROCK BACK, TOE STRUTS TO THE SIDE

1&2 Step LF to Left, Step RF Beside LF, Step LF to Left
3-4 Rock RF Backward, Recover LF in Place
5-6 Point R Toe to Right, R Heel down
7-8 Cross Point L in Front of RF, L Heel down

S4: 2 X STEP, SHUFFLE FORWARD, STEP, TURN, PIVOT

1-2 Step RF to Right, Turn ½ Left, Step LF Forward (09:00)
3&4 Step RF Forward, Step LF Beside RF, Step RF Forward
5-6 Step LF Forward, Turn ½ Right (03:00)
7-8 Turn ½ Right Stepping Back on L, Turn ½ Right Stepping Side R

S5: STEP, HOLD, ROCK BACK, STEP, HOLD, SAILOR STEP, TURN

1-2 Step Left big Step to Left Side, Hold dragging Right towards Left
3-4 Rock Back on Right, Recover weight onto Left
5-6& Step Right big Step to Right Side, Hold and Sweep LF Out
7&8 Step LF Behind RF, Step RF Beside LF 1/2 Turn Left (09.00), Step LF to Left

TAG: At the end of walls 4 and 7

STEP, HOLD, ROCK BACK, STEP, HOLD, ROCK BACK

1-2 Step Left big Step to Left Side, Hold dragging Right towards Left
3-4 Rock Back on Right, Recover weight onto Left
5-6 Step Right big Step to Right Side, Hold dragging Left towards Right
7-8 Rock Back on Left, Recover weight onto Right

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