

Life's About

拍數: 48 牆數: 4 級數: Improver
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音樂: Life's About To Get Good - Shania Twain : (Album: Now)



Info: Start after 16 counts on vocals

Walk Fwd x2, Mambo Fwd, Coaster, Mambo Fwd Point

1-2 RF step forward, LF step forward
3&4 RF rock forward, LF recover, RF step slightly back
5&6 LF step back, RF together, LF step forward
7&8 RF rock forward, LF recover, RF point side

Behind Side Cross, Half Rumba Box Fwd, Toe Heel Stomp, Toe Heel Cross

1&2 RF cross behind, LF step side, RF cross over
3&4 LF step side, RF together, LF step forward
5&6 RF touch toes beside turned inward, RF touch heel beside turned inward, RF stomp across
7&8 LF touch toes beside turned inward, LF touch heel beside turned inward, LF cross over

Step Lock Step Bkw, Coaster, Vaudeville x2

1&2 RF step back, LF lock across, RF step back
3&4 LF step back, RF together, LF step forward
5&6& RF cross over, LF step slightly left back, RF dig heel right forward, RF together
7&8& LF cross over, RF step slightly right back, LF dig heel left forward, LF together

Pivot ½ L, Diag. Step Lock Step Fwd x2, Diag. Fwd, Touch, Diag. Back, Hook

1-2 RF step forward, R+L ½ turn left
3&4 RF step right forward, LF lock behind, RF step forward
5&6 LF step left forward, RF lock behind, LF step forward
7&8& RF step right forward, LF touch beside, LF step left back, RF hook across [6]

Rock Fwd Recover, Ball Back, Back, Rock Back Recover, Ball Fwd, Fwd

1-2 RF rock forward, LF recover
&3-4 RF step beside on ball foot, LF step back, RF step back
5-6 LF rock back, RF recover
&7-8 LF step beside on ball foot, RF step forward, LF step forward [6]

Rock Side Recover, Behind, ¼ L Fwd, Fwd, Rock Fwd Recover, Shuffle ½ L

1-2 RF rock side, LF recover
3&4 RF cross behind, LF ¼ left step forward, RF step forward
5-6 LF rock forward, RF recover
7&8 LF ¼ left step side, RF step beside, LF ¼ left step forward [9]

Start again

TAG: After the 1st, 3rd and 5th wall:

Mambo Fwd, Coaster

1&2 RF rock forward, LF recover, RF step slightly back
3&4 LF step back, RF together, LF step forward