

Life After Love

拍數: 32 牆數: 4 級數: Improver
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音樂: Believe - ROOKIES : (Single)



Intro 32 counts

Rock Across Recover, Chassé $\frac{1}{4}$ R, Pivot $\frac{1}{2}$ R, Shuffle Fwd

1-2 RF rock across, LF recover
3&4 RF step side, LF together, RF $\frac{1}{4}$ right step forward
5-6 LF step forward, L+R $\frac{1}{2}$ turn right
7&8 LF step forward, RF step beside, LF step forward [9]

Cross Side, Sailor, Cross, Side, Sailor $\frac{1}{4}$ L

1-2 RF cross over, LF step side
3&4 RF cross behind, LF step beside, RF step side
5-6 LF cross over, RF step side
7&8 LF $\frac{1}{4}$ left cross behind, RF step beside, LF step slightly forward [6]

Cross, Point (x2), Ball Fwd, Lock, Step Lock Step Fwd

1-4 RF cross over, LF point left forward, LF cross behind, RF point side
&5-6 RF step beside on ball foot, LF step forward, RF lock behind
7&8 LF step forward, RF lock behind, LF step forward [6]

Pivot $\frac{1}{4}$ L, Cross Shuffle, Side, Touch, Ball Cross, Point

1-2 RF step forward, L+R $\frac{1}{4}$ turn left
3&4 RF cross over, LF step side, RF cross over
5-6 LF step side, RF touch beside
&7-8 RF step beside on ball foot, LF cross over, RF point side [3]

Start again

Restart: Dance the 6th wall up to and including count 16 (count 8 of the 2nd section) and start again