

I Lived It

拍數: 32 牆數: 4 級數: Intermediate
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音樂: I Lived It - Blake Shelton



Intro : 16 counts

Mambo R , Triple step Back L ,sailor step 1/4 turn R , Cross rock L , Recover , Side step L

1&2 Rock forward R(1) , Recover L (&), Step back R(2)
3&4 Triple Step back , : step back on L(3),step R beside L (&)Ste back on L (4)
4&5 1/4 turn on R, Step R behind L(4), Step L beside R (&), Step forward on R (3:00)
7&8 Rock Step L over R (7), Recover on R(&), Step L on L (8)

Cross, Side , Cross,R, Scissor step L , Rock forward , 1/2 turn L, Step Forward , Step turn 1/2

1&2 Cross R over L(1),L beside R , Cross R over L
3&4 Step L on L , R step beside L , Cross L over R
5&6 Rock forward R , Recover on L , 1/2 turn R step forward (9:00)
7-8 Step forward L , step turn 1/2 R , weight on R (3:00)

Shuffle step L , Step turn 1/2 L , 1/4 turn L , side R , Weave , Twist turn

1&2 Shuffle forward L, R, L
3&4 Step forward R , step turn 1/2 L , 1/4 turn L , side step R to R (6:00)
5&6& Cross L behind R , R to the Right , Cross L over R , R to the right
7-8 Cross L behind R ,turn 3/4 L on place (9:00)

Kick ball cross R, triple back step , Triple step back R with 1/4 turn L , 1/4 turn L Step side L , Together , step forward L , 1/2 turn R , 1/2 turn L

1&2 Kick R forward , R beside L, Cross L over R
3&4 1/4 turn L (6:00) shuffle back L,R, L
5&6 1/4 turn L , L to the left, R beside L, Step Forward L(3:00)
7-8 On place 1/2 turn R à droite(9:00) , 1/2 turn L (3:00)

Tag 4 counts at the end 1 wall (restart face to 3:00) and at the end wall 4 (Restart face to 12)

Side step R , Sailor step 3/4 turn L, Spirale

1. Step side R
2&3 Cross L behind R ,3/4 turn to L, R beside L, step forward L
4 Spiral turn 3/4 to R , finish R cross over L le

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