

Meaning Of Life

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Gemma Ridyard (UK) - November 2017
音樂: Meaning of Life - Kelly Clarkson



(2 Restarts on walls 3 & 6 - Tag at the end of wall 7)

Step Sweep And Weave, Cross Rock & Cross Unwind, 2x Runs Pivot, Triple Full Turn Forward

- 1 Step RF forward as you sweep LF from back to front
- 2&a3 cross LF in front of RF, step RF to R side, cross LF behind RF, step RF to R side
- 4&a5 cross rock LF ov RF, replace weight to RF, step LF to L side angle body to 10,30 , cross RF over LF unwinding 1/2 a turn L keeping weigh back on RF (5.30)
- 6a7 step LF forward (5.30), close RF next to LF, step LF forward making a pivot 1/2 turn R keeping weight back on LF (10.30)
- 8&a step RF forward, make 1/2 a turn R stepping LF back, make 1/2 a turn R stepping RF forward (10.30)

2x Walks, Jazz Box Cross, Swivel Swivel, Mambo Forward, Run Back

- 1 2 step LF forward, step RF forward sweeping LF from back to front
- 3&a4 cross LF over RF, step RF back, step LF to L side, cross RF over LF
- 5 6 unwind 1/2 a turn LF transferring weight to LF, unwind 1/2 a turn R transferring weigh to RF
- 7&8a rock LF forward, replace weight to RF, step LF back, step RF back

**** Restarts come here on walls 3 facing 3.00 & wall 6 facing 6.00)**

Reverse Body Roll, Pivot 1/2 Turn, 2 X Twinkles Forward, Cross Unwind 1/2, R Cross Shuffle

- 1 2 step LF back as you push hip backs beginning a reverse body roll, finishing the roll weight remains on LF (optional styling bringing both hands to R hand crossed under LF)
- 3 4 step RF forward, pivot 1/2 a turn L keeping weight back on RF (5.30) (optional styling as finish the pivot drop you arms to waist height with elbows bent and hands splayed)
- 5&a cross LF over RF, rock RF to R side, replace weight to LF
- 6&a cross RF over LF, rock LF to L side, replace weight to RF
- 7 cross LF over RF unwinding 1/2 a turn R weight stays back on L foot (10.30) (optional styling as you cross shoot both arms forward from hip height palms down)
- 8&a still facing 10.30 cross RF over LF, step LF to L side, cross RF over LF

Sweep Hitch, Weave Sweep, Behind Side Cross, Walk In A Arc, Run Around

- 1 sweeping LF from back to front bending L knee as the foot comes forward
(optional styling as you sweep hitch, L arm stretches out at shoulder height taking R arm away from the body arching rib cage and taking R arm over head)
- 2&a3 cross LF over RF, step RF to R side, cross LF behind RF, sweep RF from front to back
- 4& cross RF behind LF, step LF to L side
- 5 6 7 step RF forward to 10.30, cross LF over RF making a 1/4 to 2.30, step RF for 1/8 to 3.00
- 8&a R Run around a 1/2 turn L,R,L to finish facing 9.00

Tag end of wall 7 facing 3o'clock wall

- 1,2 3,4 sway hips R,L,R,L