

What Am I Living For

拍數: 32 牆數: 2 級數: High Intermediate
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音樂: What Am I Living For - Percy Sledge



Intro: Start on the word "LIVING"

Sec 1: Step fwd, Rock Fwd, Recover, Step Together, Big Step Back and Drag, Coaster Step, Step Fwd and Sweep, Cross Over, 1/4 Turn L, Step To L Side, Cross Over, 1/4 Turn R, 1/4 Turn R, Cross Over, Lunge

- 1-2&a3 RF. Step fwd (1) - LF. Rock fwd (2) - RF. Recover (&) - LF. Step next to RF (a) - RF. Big Step bwd and Drag LF (3)
- 4&a5 LF. Step back (4) - RF. Step next to LF (&) - LF. Step fwd (a) - RF. Step fwd and sweep LF from back to front (5)
- 6&a7 LF. Cross over RF (6) - RF. 1/4 Turn L, step back (&) - LF. Step to L side (a) - RF. Cross over LF (7) (09:00)
- 8&a1 LF. 1/4 Turn R, step back (8) RF. 1/4 Turn R, step to R side (&) LF. Cross over RF (a) RF. Big step to R side and L toe to L side, Lean body slightly to the right (1) (03:00)

Sec 2: Recover, Cross Behind, 1/8 Turn L, Step Fwd on R,L, Pivot 1/2 Turn R, Step Together, Step Fwd, Rock Step, Recover, 1/8 Turn L, Cross Over with a Sweep, Cross Over, Step Back, 1/4 Turn L, Step Fwd with a Sweep

- 2&a3 LF. Weight back (2) - RF. Cross behind LF (&) - LF. 1/8 Turn L, step fwd (a) RF. Step fwd (3) (01:30)
- 4&a5 LF. Step fwd (4) - 1/2 Turn R (Weight on RF) (&) - LF. Step next to RF (a) - RF. Step fwd (5) (07:30)
- 6&a7 LF. Rock fwd (6) - RF. Weight back (&) - LF. 1/8 Turn L, step To L side (a) - RF. Cross over and sweep LF from back to front (7) (06:00)
- 8&a1 LF. Cross over RF (8) - RF. Step back (&) - LF. 1/4 Turn L, step to L side (a) - RF. Step fwd and sweep LF from back to front (1) (03:00)

Sec 3: Cross Over, Step R To R Side, Cross Behind, 1/8 Turn R Step R Fwd and Hitch L Knee, Walk L, R Back, 1/2 Turn L, Step R Fwd and Hitch L Knee, Step L Back, 1/8 Turn R Step R To R Side, Cross Over, Step R To R Side and Push hips To R,L,R,L, Turn On R Feet a 1/4 Turn L kick LF Diagonal L Fwd

- 2&a3 LF. Cross over RF (2) - RF. Step to R side (&) - LF. Cross behind RF (a) - RF. 1/8 Turn R step fwd, hitch L-knee up (3) (04:30)
- 4&a5 LF. Step back (4) - RF. Step back (&) - LF. 1/2 Turn L, step fwd (a) - RF. step fwd, hitch L-knee up (5) (10:30)
- 6&a7 LF. Step back (6) - RF. 1/8 Turn R, step to R side (&) - LF. Cross over RF (a) - RF. Step to R side, push hips to R (7) (12:00)
- 8&a1 push hips to L (8) - push hips to R (&) - push hips to L (a) - Weight back to RF with a 1/4 turn L and kick LF diagonal L fwd (1) (09:00)

Sec 4: L Sailor Step, Step R Back and Sweep L x2, Cross Behind, 1/4 Turn R, Step L Fwd, Step R Fwd, Pivot 1/2 Turn L, Step R Fwd, Step L Fwd

- 2&a3 LF. Cross behind RF (2) - RF. Step to R side (&) - LF. Step to L side (a) - RF. Step back sweep LF from front to back (3)
- 4&a5 LF. Cross behind RF (4) - RF. Step to R side (&) - LF. Step to L side (a) - RF. Step back sweep LF from front to back (5)
- 6&a7 LF. Cross behind RF (6) - RF. 1/4 Turn R, step fwd (&) - LF. Step fwd (a) RF. Step fwd (7) (12:00)
- 8&a Pivot 1/2 Turn L (8) - RF. Step fwd (&) - LF. Step fwd (a) (06:00)

Start Again

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