

I Lived It

拍數: 32 牆數: 2 級數: Improver
編舞者: Paula Frohn (USA) - December 2017
音樂: I Lived It - Blake Shelton



Alt. Music With NO Tag, At The House by Blake Shelton (BPM 98)

Intro: 16 count, start with vocals

Skate Right, Skate Left, Triple, to Right, Skate Left, Skate Right, Triple ¼ Turn Left

1-2 Skate right foot then skate left foot
3&4 Step right to right side, step left foot next right foot, step right to right side
5-6 Skate left foot then right foot
7&8 Step left foot to left side, step right foot next to left foot, turn ¼ turn left & step left foot to left forward

Rock Forward, Replace, Syncopate Turning Right- ½, ½, forward then Step Forward LF, Replace, Coaster Step

1-2 Step right foot forward, rock back on left foot
3&4 Turn ½ right, step right foot forward: turn ½ right, step left foot back; turn ½ right; step right foot forward

Easier variation on 3&4: Turn ½ right, shuffle forward R-L-R

5-6 Step left foot forward, rock back onto right foot
7&8 `Step left foot back, step right foot next to left foot, step left foot forward

Step forward Right, Pivot ¼ Left, Cross Shuffle, Hinge ½ Right, Shuffle Forward

1-2 Step right foot forward, pivot ¼ turn left changing weight to left foot
3&4 Cross right foot in front of left foot, step left foot to left side, step right foot in front of left foot
5-6 Turn ¼ right, step left foot back; turn ¼ right, step right foot to right side
7&8 Step left foot forward, step right foot next to left foot, step left foot forward

Rocking Chair Right, Step Forward Right, Pivot ½ Left Twice

1-2 Step right foot forward, rock back onto left foot
3-4 Step right boot back, rock forward onto left foot
5-6 Step right foot forward, pivot ½ left changing weight to left foot
7-8 Step right foot forward, pivot ½ left changing weight to left foot

Start over!

NOTE: After 1st, facing 6 o'clock, and 4th set, facing 12 o'clock the second time, add 4 counts ...

Step right foot to right side, touch left toe next to right foot, step left foot to left side, touch right toe next to left.

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