

Humble Life

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Kim Liebsch (DK) - March 2018
音樂: Life - Isam B : (3:28)



Intro: 32 counts from first beat in music (appr. 22 seconds) Start with weight on L foot.

Tag: After wall 7, 16 counts Tag (see description) (3:00)

#1 section: 2 x walk, shuffle fw. rock recover, shuffle back

1-2 Walk fw. on R, walk fw. on L 12:00
3&4 Step fw. on R, step L next to R, step fw. on R 12:00
5-6 Rock fw. on L, recover on R 12:00
7&8 Step back on L, step R next to L, step back on L 12:00

#2 section: Point back ¼ turn, behind side cross, side rock, behind side cross

1-2 Point R back, make ¼ turn R putting weight on R 3:00
3&4 Cross L behind R, step R to R side, cross L over R 3:00
5-6 Rock R to R side, recover on L 3:00
7&8 Cross R behind L, step L to L side, cross R over L 3:00

#3 section: 2 X hitch ball cross, side rock, sailor ½ turn L

1&2 Hitch L, step down on L, cross R over L 3:00
3&4 Hitch L, step down on L, cross R over L 3:00
5-6 Rock L to L side, recover on R 3:00
7&8 Sweep/cross L behind R, ½ turn L step R to R side, step L to L side 9:00

#4 section: Step ½ turn, full turn, step ½ turn, kick ball step

1-2 Step fw. on R, make ½ turn L stepping fw. on L 3:00
3-4 Make ½ turn L stepping back on R, make ½ turn L stepping fw. on L 3:00
5-6 Step fw. on R, make ½ turn L stepping fw. on L 9:00
7&8 Kick R fw. step R next to L, step fw. on L 9:00

Tag(3:00)

T1 section: Step, step ½ turn step, step ½ turn ¼ turn, basic step R, basic step L

1 Step fw. on R 3:00
2&3 Step fw. on L, make ½ turn R stepping fw. on R, step fw. on L 9:00
4&5 Step fw. on R, make ½ turn L stepping fw, on L, make ¼ turn R stepping R to R side 12:00
6&7 Close L behind R, cross R over L, step L to L side 12:00
8& Close R behind L, cross L over R 12:00

T2 section: Step side, back rock step, step ½ turn walk walk, 2 X step ½ turn

1 Step R to R side 12:00
2&3 Rock back on L, recover on R, step fw, on L 12:00
4& Step fw. on R, make ½ turn L stepping fw, on L 6:00
5-6 Walk fw. R, walk fw. L 6:00
7&8& Step fw. on R, make ½ turn L stepping fw. on L, step fw. on R, make ½ turn L stepping fw. on L 6:00

GOOD LUCK & N'JOY

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