

Life Sux !

拍數: 32 牆數: 4 級數: Beginner
編舞者: Annie Saerens (BEL) - March 2018
音樂: life Sux - Kerry Kennedy



Intro : 8 counts

Section 1: Heel Strut (R/L), Forward Mambo Step, Back, Back, Coaster Cross

1&2& Touch R heel forward, drop R toe, touch L heel forward, drop L toe
3&4 Rock Rf forward, recover onto Lf, close Rf next to Lf
5-6 Step back with Lf, step back with Rf
7&8 Step back with Lf, close Rf next to Lf, cross Lf over Rf

Section 2: Side Strut, Cross Strut, Scissor step, ¼ R x2, Cross Shuffle

1&2& Touch R toe to side, drop R heel, cross L toe over Rf, drop L heel
3&4 Step Rf to side, close Lf next to Rf, cross over with Rf
5-6 Make ¼ turn right and step back on Lf, make ¼ turn right and step Rf to side
7&8 Cross over with Lf, step Rf to side, cross over with Lf

Section 3: Step, Touch, Step, Touch, Side, Together, Forward, Scuff, Rock Step, Shuffle ½ L

1&2& Step Rf to side, touch Lf next to Rf, step Lf to side, touch Rf next to Lf
3&4 Step Rf to side, close Lf next to Rf, step Rf forward,
5-6 Rock Lf forward, recover onto Rf
7&8 Step ¼ turn L with Lf, close Rf next to Lf, step ¼ turn L with Lf forward

Section 4: Toe, Scuff, Stomp, Toe, Scuff, Stomp, Pivot ¼ L, Kick Ball Step

1&2 Touch R next Lf, R scuff forward, step Rf forward (stomp)
3&4 Touch L next Rf, L scuff forward, step Lf forward (stomp)

Restart here on wall 2,3,4,5 and 6

5-6 Step Rf forward, turn ¼ L
7&8 Kick R forward, close Rf next to Lf, step Lf forward

Start again!

Restart: There is a Restart on walls 2,3,4,5,6 after count 4 in last section.

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