

Life Moves On

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Ángeles Mateu Simón (ES) - March 2018
音樂: Owe Them More Than That - Tim McGraw & Kenny Rogers



S1: STOMP, BACK, CHASSE, CROSS, BACK, CHASSE

- 1 - Stomp right over left
- 2 - Step back with left foot
- 3 - Step right foot next
- & - Step on left foot beside right foot
- 4 - Step right foot next
- 5 - Cross left foot over right foot
- 6 - Step back with right foot,
- 7 - Step with left foot next
- & - Step right foot beside left foot
- 8 - Step with left foot next

S2: HEEL, HEEL, SHUFFLE, HEEL, HEEL, SHUFFLE

- 1 - Right heel forward
- 2 - Right heel forward
- 3 - Step forward with right foot
- & - Cross left foot behind right foot
- 4 - Step forward with right foot
- 5 - Left heel forward
- 6 - left heel forward
- 7 - Step forward with left foot
- & - Cross right foot behind left foot
- 8 - Step forward with left foot

(In the 4th wall we will make the Tag)

(On the 8th wall we will start again)

S3: ROCK, ROCK, TRAVELLING PIVOT, COASTER STEP

- 1 - Rock in front with right foot
- 2 - Recover weight on left foot
- & - Right foot next to the left
- 3 - Rock in front with left foot
- 4 - Recover weight in right foot
- 5 - Turn ½ turn to the left taking a step forward with left foot.
- 6 - Turn ½ turn to the left taking a step back with right foot.
- 7 - Step behind with left foot.
- & - Step right foot beside left foot
- 8 - Step forward with left foot.

S4: ROCK, ROCK, CHASSE TURN, HEEL SWITCHES

- 1 - Rock in front with right foot
- 2 - Recover weight on left foot
- & - Right foot next to the left
- 3 - Rock in front with left foot
- 4 - Recover weight in right foot
- 5 - Step with left foot to the side turning ¼ turn to the left.
- & - Step right foot beside left foot
- 6 - Step with left foot to the side.

- 7 - Mark right heel in front.
- & - Take the right foot to the site.
- 8 - Mark left heel in front.
- & - Take left foot to the site.

TAG: On the 4th wall, we will make the first 16 counts and add the following:

CROSS, CROSS, BACK SLIDE

- 1 - Cross right foot in front of the left.
- 2 - Cross left foot in front of the right.
- 3 - Long step back with right foot
- 4 - Drag left foot to equal with left foot.

RESTART: On the wall number 8, we will make the first 16 counts and start again

Contact: angelesmaragall@gmail.com

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