

Lifer

拍數: 32 牆數: 2 級數: Improver Contra
編舞者: Stephanie Selymes - June 2018
音樂: Lifer - MercyMe



SECT-1: ROLLING GRAPEVINE RIGHT WITH CLAP, ROLLING GRAPEVINE LEFT WITH CLAP

1, 2 Step R making $\frac{1}{4}$ turn right, step forward L making $\frac{1}{4}$ right
3, 4 Step out R making $\frac{1}{2}$ right, touch L together & clap
5, 6 Step L making $\frac{1}{4}$ turn left, step forward R making $\frac{1}{4}$ left
7, 8 Step out L making $\frac{1}{2}$ left, touch R together & clap

SECT-2: SKATE BACK R, L, R, L, POINT R BACK, $\frac{1}{2}$ TURN, $\frac{1}{4}$ TURN, CLAP, CLAP

1, 2, 3, 4 Slide back diagonally R, slide back diagonally L, Slide back diagonally R, slide back diagonally L
5, 6 Point R toe back, unwind $\frac{1}{2}$ turn over right shoulder (weight to R)
7 & 8 Make $\frac{1}{2}$ turn right stepping back on L, clap hands twice

SECT-3: WALK, WALK, ROCK, RECOVER STEP x2

1, 2 Step forward R, step forward L
3 & 4 Rock out R, recover L, step forward R (lines should pass each other here)
5, 6, 7 & 8 Step forward L, step forward R, rock out L, recover R, step forward L

SECT-4: ROCK, RECOVER, TRIPLE $\frac{1}{2}$ TURN, SLIDE, KICK BALL CHANGE, CLAP, CLAP

1, 2 Rock forward R, recover back L
3 & 4 Step out R making $\frac{1}{4}$ right, step together L, step out R making $\frac{1}{4}$ turn right
5 Slide forward diagonally L (lines come back together facing each other)
6&7&8 Kick R forward, step down R, step L together, clap hands twice

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