

# Lifers

拍數: 32      牆數: 2      級數: Improver  
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音樂: Lifers - Cody Jinks



The dance begins with the singing

## Heel Grind Turning ¼ R, Coaster Step, Rock Forward, ¼ Turn L/Chassé L

- 1-2            Step forward with RF, just put on the heel (toes pointing left) - ¼ Turn right around and step back with left (turn toes pointing right) (3 o'clock)
- 3&4           Step back with RF, LF beside RF, step forward with RF
- 5-6           Step forward with LF, lift RF slightly up - weight back on the RF
- 7&8           ¼ Turn to the left and step with LF to the left (12 o'clock) - RF beside LF and step with LF to the left

Restart: In the 3rd round - direction 12 o'clock - stop here and start again

Restart: In the 5th and 8th round - direction 6 o'clock - stop here and start again

## Cross, Side, Sailor Step, Cross, Side, Behind-Side-Cross

- 1-2            Cross RF over LF - step with LF to left
- 3&4           Cross RF behind LF - Step with LF to left and weight back on the RF
- 5-6           cross LF over RF - step with RF to right
- 7&8           cross LF behind RF - step with RF to right, cross LF over RF

## Figure of 8 Vine Turning ¼ L

- 1-2            Step RF to right, cross LF behind RF
- 3-4            ¼ Turn right and step forward with RF (3 o'clock) - step forward with LF
- 5-6            ½ Turn right on both bales, weight at end right - ¼ Turn right and step with LF to left (12 o'clock)
- 7-8            Cross RF behind left - ¼ Turn left and step LF to left (9 o'clock)

## Chassé R, ¼ Turn L/Rock Back, Step, Lock, Locking Shuffle Forward

- 1&2           Step with RF to right, LF beside RF, step with RF to right
- 3-4            ¼ Turn left and step back with LF, lift RF (6 o'clock) - Weight back on the RF
- 5-6            Step forward with LF- cross RF behind LF
- 7&8            Step forward with LF- cross RF in behind LF and step forward with LF

Repeat until the end

And don't forget to smile, because dancing is fun!

There is no guarantee for errors in the translation, content, spelling, etc.!

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