

I Lived It

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Tracy Pywell (AUS) - August 2018
音樂: I Lived It - Blake Shelton : (Album: Texoma Shore)



INTRO: 16 Beats (start of Lyrics) ORIGINAL POSITION: Feet together with weight on left foot

This dance was written for my mother.

S1: BACK, ROCK, ½ BACK, ½ TOG, SIDE, BEHIND-SIDE-CROSS, ROCK, ¼ FWD, ½ BACK, ½ HITCH

1 2 Step R back, Rock/Recover forward onto L
3& Turn 180□ left step R back, Turn 180□ left step L together (12.00)
4 Step R to right side
5&6 Step L behind right, Step R to the right, Step L across in front of right
7& Rock back onto R, Turn 90□ left step L forward (9.00)
8& Turn 180□ left step R back, Hitch L turning 180□ left (9.00)

S2: SHUFFLE, BACK COASTER, BACK, DOUBLE ROLL BACK, ¼ SIDE

1&2 Shuffle forward: L R L
3&4 Step R back, Step L beside right, Step R forward
5& Step L back, Turn 180□ right step R forward (3.00)
6& Turn 180□ right step L back, Turn 180□ right step R forward (3.00)
7 Turn 180□ right step L back (9.00)
8 Turn 90□ right step R to right side (12.00)

S3: BACK- ROCK-SIDE, BACK- ROCK-FORWARD, QUICK PIVOT- FORWARD, CROSS-SIDE- BEHIND

1&2 Step L back, Rock/Recover onto R, Step L to left side
3&4 Step R back, Rock/Recover onto L, Step R forward
5&6 Step L forward, Turn 180□ right take weight onto R, Step L forward (6.00)
7&8 Cross R over left, Step L to left, Step R behind left

S4: SWEEP, SWEEP, BEHIND-¼ FWD- FWD, FWD, TOUCH & CLICK, FWD, TOUCH & CLICK

1 2 Sweep to step L back, Sweep to step R back
3&4 Step L behind right, Turn 90□ right step R forward, Step L forward (9.00)
5 6 Step R forward, Touch L toe beside right & Click
7 8 Step L forward, Touch R toe beside left & Click

TAG: At the end of Wall 1 (9.00) & Wall 4 (12.00) add the following:

SIDE-ROCK-TOGETHER, SIDE-ROCK-TOGETHER

1 2& Step R to right, Side Rock/Recover onto L, Step R beside left
3 4& Step L to left, Side Rock/Recover onto R, Step L beside right

ENDING: Step R to the right side, Drag L towards right

Please feel free to copy this sheet provided that no changes are made to the original script.
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