

Beautiful Life

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Jessica Wegmann (CH) - October 2018
音樂: Beautiful Life - Zak Abel : (iTunes)



Intro : 16 counts, dance begins on vocal « Take the broken pieces ».

[1-8] Touches out in step cross back rock recover, touches out in step cross ¼ turn L

1-2 Touch R out to R, touch R next to L
3&4 Step R to R side, cross rock L behind, recover R
5-6 Touch L out to L side, touch L next to R
7&8 Step L to L side, cross R behind L, ¼ turn L stepping L fwd

[9-16] 2 sweeps, ¼ turn L sweep, hitch ball step

1-2 Step back on R sweeping L from front to back
3-4 Step back on L, sweeping R from front to back
5-6 ¼ turn L Step back on R sweeping L from front to back, step L next to R
7&8 Hitch R knee up, step R foot in place, step L foot in place (06:00)

Restart wall 3 facing 12 o'clock

[17-24] 1/8 turn R to R diagonal cross touch, cross touch, jazz box

1-2 1/8 turn R to R diagonal crossing R over L, point L to L side
3-4 crossing L over R, point R to R side
5-6 Cross R over L, step L back
7-8 Step R to R side, walk L fwd (07:30)

[25-32] Rock recover step R & L, 1 turn ½ turn R (01:30)

1-2& Rock R fwd, recover L back, step R next to L
3-4& Rock L fwd, recover R back, step L next to R
5-6 ¼ turn R stepping R to R side, ½ turn R stepping L to L side
7-8 ½ turn R stepping R to r side, ¼ turn R stepping L fwd (01:30)

[33-40] 2 samba steps, cross R 7/8 turn L knee popping 4x (03:00)

1&2 Cross R over L, step L to L side, step R to R side
3&4 Cross L over R, step R to R side, step L to L side
5-6 Cross R over L, ¼ turn L lifting heels bending knees
7-8 ¼ turn L lifting heels bending knees, ¼ turn L lifting heels bending knees, weight on L

[41-48] Hitch ball point R&L, 4 heel touches fwd

1&2 Hitch R, step R, point L to L side
3&4 Hitch L, step L, point R to R side
5&6& Touch R heel, step together, touch L heel, step together
7&8& Touch R heel, step together, touch L heel, step together

[49-56] 2 Dorothy steps, Rocking chair

1-2& Step R to R diagonal fwd, cross L behind R, step R to R diagonal fwd
3-4& Step L to L diagonal fwd, cross R behind L, step L to L diagonal fwd
5-6 Rock R fwd, recover L back
7-8 Rock R back, recover L fwd

[57-64] Full turn pivot to the L, Paddle full turn L

1-2 Step R fwd, ½ turn L stepping L fwd
3-4 Step R fwd, ½ turn L stepping L fwd

5&6& Step R, $\frac{1}{4}$ turn L stepping L in place, Step R, $\frac{1}{4}$ turn L stepping L in place
7&8& Step R, $\frac{1}{4}$ turn L stepping L in place, Step R, $\frac{1}{4}$ turn L stepping L in place

Enjoy !

Last Update - 6th Dec. 2018
