

Lev Nu!

拍數: 88 牆數: 0 級數: Phrased High Improver
編舞者: Åsa Gustafsson (SWE) & Manuela Gustavsson (SWE) - January 2020
音樂: Lev nu dö sen - Miss Li



AB dance with one tag & restart in A. At the end of B an ending

Explain: A, B, A, B, *A, *B+ending

*A: until count 38, on 7&8 chassé L at 6 o'clock. Start over with the last B.

*B+An ending after last count in B: 8 counts at 12 o'clock. Jazz box and walk around to the L

1-4 Cross R over L, step back on L, R to R side, step L. Begin the walk around.

5-8 Walk around L shoulder step R (9), L (6), R (3), L ending up at 12 o'clock

Part A: Counts: 8 at 12 O'clock - Counts: 48

[1-8]: R Walk walk, R side mambo, L walk walk, L side mambo

1 2 3&4 Walk fwd R, L, step out R to R side, recover on L, step on R

5 6 7&8 Walk fwd L, R, step out L to L side, recover on R, step on L

[9-16]: R Side together, side chassé R, L cross rock, L chassé 1/4 L, 9 o'clock

1 2 3&4 Step R to R side, step L beside R and do R to R, L beside R, r to R side

5 6 7&8 Cross L over R, step back on R, Step L to L side, R beside L, turn 1/4 L stepping fwd on L

[17-24]: Point, Point, sailor 1/4, walk, shuffle fwd on L, 12 o'clock

1 2 3&4 Point R toe slightly across L, Point R toe out to R side, Cross R behind L, 1/4 turn R stepping L to L beside R, step fwd on R

5 6 7&8 Walk fwd L, R. shuffle fwd L, R, L

[25-32]: R rock step, shuffle turn 1/2 R, L rock step, L coaster step 6 o'clock

1 2 3&4 Step fwd on R, weight back on L. Step R to R while turning 1/4 R, close L next to R, step R fwd turning 1/4 R

5 6 7&8 Step fwd on L, weight back on R, step fwd on L, R beside L, stepping fwd on L

[33-40]: R Jazz box, R chassé 1/2 turn R, L chassé 12 o'clock.

1 2 3 4 Cross R over L, step back on L, step R to R, L beside R (weight on L)

5&6 Step R to R, L beside R, R to R side *

7&8 Turn 1/2 turn R (12 o'clock) doing L to L side, R beside L, L to L side.

[41-48]: Same as step 33-40 but ends up to 6 o'clock

Part B: At 6 o'clock - Counts:40

[1-8]: R fwd touch and kick. Costerstep. Step turn, step turn 6 o'clock

1&2 3&4 Step fwd R, touch L beside R, step back L, kick R slightly to R diagonal, Step R back R, L beside R stepping R fwd.

5 6 7 8 Step fwd L, 1/2 turn R stepping R. Step fwd L, 1/2 turn R stepping fwd R.

[9-16]: L fwd touch and kick. Costerstep. Step turn, step turn 6 o'clock

1&2 3&4 Step fwd L, touch R beside L, Step back R, kick L slightly to the L diagonal. Step back L, R beside L stepping L fwd.

5 6 7 8 Step fwd R, 1/2 turn L stepping on L. Step fwd R, 1/2 turn L stepping fwd on L

[17-24]: R chassé, L chassé. R cross and kick, L cross and kick (vdv)

1&2 3&4 Step R to R side, L beside R and R to R. Step L to L side, R beside L and L to L.

5&6 7&8 Cross R over L, Step back on L kicking R slightly to the R diagonal. Step on R to R side cross L over R, step back on R kicking L slightly to the L diagonal, Step L to L.

[25-32]: Step turn, Jazzbox, Out out 12 o'clock

1 2 3 4 Step fwd R, 1/2 turn L stepping on L. Cross R over L, step back on L
5 6 7 8, R to R, L fwd. step out on R out on L (V-step) 12 o'clock

[33-40]: In in, step turn, step turn. Sway sway 12 o'clock

1 2 3 4 (continue V-step) Step R to center, L to center. *Step fwd on R and do a 1/2 L stepping on L,
5 6 7 8 Step fwd R, 1/2 turn L stepping on L. Step R sway to the R, step L sway to the L (weight on
L).
