

Come Into My Life

拍數: 48 牆數: 4 級數: Novice - Funky
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音樂: Come Into My Life - Billy Crawford



Sequence: AB AAB AAB tag AAA

Part A

Toe switches, swivel ½ turn, step back twice

- 1 RF Point to the right side
- & RF Step next to LF
- 2 LF Point to the left side
- & LF Step next to RF
- 3 RF Point R.toe forward
- & RF Step next to LF
- 4 LF Point L.toe back
- 5&6 Swivel both heels right, left, right, while making a ½ turn left
- 7 LF Step back
- 8 RV Step back

Kick ball touch, kick & monterey turn, hitch, together

- 1 LF Kick forward
- & LF Step next to RF
- 2 RF Point to the right side, L.shoulder up R.shoulder down
- 3 RF Kick forward
- & RF Step next to LF
- 4 LF Point to the left side, R.shoulder up L.shoulder down
- 5 RF+LF ½ turn left and step LF next to RF
- 6 RF Point to the right side
- 7 RF Step next to LF
- & LF Lift L.knee
- 8 LF Step down

Touch twice, big step, sailor ¼ turn, step, coasterstep with ½ turn

- 1 RF Tap next to LF
- & RF Tap next to LF
- 2 RF Large step right
- 3 LF Cross behind RF
- & RF Step to the right
- 4 LF Make ¼ turn left and step LF forward
- 5 RF Step forward
- 6 LF Step forward
- 7 RF Step forward
- & LF Step LF next to RF, make ½ turn left
- 8 RF Step forward

Diagonally steps, hitch, together, ½ pivot, jump out-in-in

- 1 LF Step diagonally left forward
- 2 RF Step diagonally right forward
- 3 LF Lift L.knee in front of R.leg and push away your L.leg with your hands
- & LF Lift L.knee
- 4 LF Step next to RF

- 5 RF Step forward
- 6 RF+LF Make ½ turn left
- 7 RF+LF Jump out
- & RF+LF Jump a bit in
- 8 RF+LF Jump in, feet together

Part B

Diagonally step, body movement down & up, full turn with rondé, touch

- 1 RF Step diagonally right forward, bend R.knee and lower your body to the right, hands on your back
- 2 Lower the body a bit more
- 3 Come up slowly
- 4 LF Stand right up, weight on left
- 5,6,7 LF Make on LF a full turn left and with RF a rondé
- 8 RF Point next to LF

Kick ball touch, kick ball step, heel swivel, bodyroll

- 1 RF Kick forward
- & RF Step next to LF
- 2 LF Point to the left side
- 3 LF Kick forward
- & LF Step next to RF
- 4 RF Step to the right
- 5 LF Swivel L.heel to the left
- & LF Swivel L.heel to the right
- 6 LF Swivel L.heel back in place
- 7 Start bodyroll
- 8 LF End bodyroll and step next to RF

Tag

Side, cross, full turn

- & RF Step to the right
 - 1 LF Cross behind RF
 - 2,3,4, LF Make a full turn left and end with weight on left
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