

Lifer

拍數: 32 牆數: 4 級數: Improver
編舞者: Darren Bailey (UK) - August 2020
音樂: Lifer - MercyMe



Intro: 8 Counts

(1 Restart on wall 6 after 16 counts)

Syncopated Vine R, Touch Out, Touch In, 4 Walks making 3/4 turn R

1-2& Step RF to R side, Cross LF behind RF, Step R to R side
3&4 Cross LF in front of RF, Touch RF to R side, Touch RF next to LF
5-6 Make a 1/4 turn R and Step RF forward, Make a 1/4 turn R and Step LF forward
7-8 Make a 1/4 turn R and Step RF forward, Step LF forward (Now facing 9:00)

Slide R, Slide L, Back, Back, Back, Ball, Cross,

1-2 Take a big step to R diagonal with RF, Touch LF next to RF
3-4 Take a big step to L diagonal with LF, Touch LF next to RF
5-6 Step back on RF, Step back on LF
7&8 Step back on RF, Close LF next to RF, Cross RF in front of LF

(Restart: on wall 6 when you dance the restart here, replace the Ball Cross with a Step LF next to RF, So that the weight is on the correct foot to start the dance again. You should restart the dance facing 12:00)

1/4 turn L, 1/2 turn L, L Coaster step, Skate R, Skate L, Shuffle forward

1-2 Make a 1/4 turn L and step forward on LF, Make a 1/2 turn L and step back on RF (Now facing 12:00)
3&4 Step back on LF, Close RF next to LF, Step forward on LF
5-6 Skate to R with RF, Skate to L with LF (can be replaced with Boogie Walks)
7&8 Step forward on RF, Close LF next to RF, Step forward on RF

Cross, 1/4 turn L, Chasse L, Pivot 1/2 turn L, Side switches

1-2 Cross LF in front of RF, Make a 1/4 turn L and step back on RF (Now facing 9:00)
3&4 Step LF to L side, Close RF next to LF, Step LF to L side
5-6 Step forward on RF, Make a 1/2 turn pivot L (Now facing 3:00)
7&8& Touch RF to R side, Step RF next to LF, Touch LF to L side, Step LF next to RF