

Lives In Two

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Tomasz & Angela (DE) - September 2020
音樂: Lives in Two - The Crazy Bulls Band



Note: The dance begins with the use of the chant

Abbreviations: RF = right foot, LF = left foot

S1: Step, close, shuffle forward, side, close, scissor step

- 1-2 step forward with right - put LF on right
- 3 & 4 step forward with right - LF sit next to right and step forward with right
- 5-6 Step to the left with the left - RF to the left
- 7 & 8 Step to the left with left - put RF on left and cross LF over right

S2: Side, behind, side - heel - close, walk 2, step - full pivot l - touch

- 1-2 step to the right with right - cross left behind right
- 3 & 4 step to the right with right - tap left heel in front and place LF on right
- 5-6 2 steps forward (r - l)
- 7 & 8 step forward with right - full turn to the left on both balls, Touch the weight at the end on the left, and touch RF next to the left

S3: Back 2, coaster step, shuffle forward, cross - back - close

- 1-2 2 steps backwards, swinging the leading foot backwards in a circle (r - l)
- 3 & 4 Step backwards with the right - LF move towards the right and small step forward with the right
- 5 & 6 Step forward with the left - RF close to the left and step forward with the left
- 7 & 8 cross RF over left - step backwards with left and move RF towards left

S4: Jazzbox - half turn l with touch, jump back - kick - close, stomp 2 +

- 1-2 cross LF over right - quarter turn to the left, step backwards with right (9 o'clock)
- 3-4 quarter turn counter-clockwise and step to the left with left - tap RF next to left (6 o'clock)
- 5 & 6 Jump backwards with the right - kick LF forward and move towards the right
- 7-8 stomp right next to left twice (without changing weight)

Repeat until the end
