

Now Live It Up

拍數: 146 牆數: 0 級數: Phrased Intermediate
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音樂: Live It Up (feat.Pitbull) - Jennifer Lopez



Starts after 40 seconds

Sequence : AABC-ABC-A-Tag-C(40)-A

A (32 counts)

A1. ROCK STEP, ¼ TURN R, CROSS WALKS, ¼ TURN L

1,2 Rock Rf forward, recover on Lf
3,4 ½ turn R step Rf forward, ¼ turn R step Lf to L
5,6 Cross Rf over Lf, step Lf to L
7,8 Cross Rf over Lf, ¼ turn L step Lf forward

A2. PIVOT ½ TURN L, SHUFFLE FORWARD, CROSSIG HEEL JACKS

1,2 Step Rf forward, ½ turn L weight on Lf
3&4 Step Rf forward, close Lf next to Rf, step Rf forward
5&6& Cross Lf over Rf, step Rf to R, touch L heel to L diagonal, step on Lf
7&8& Cross Rf over Lf, step Lf to L, touch R heel to R diagonal, step on Rf

A3. CROSS, ¼ TURN L, CHASSE, FORWARD, TOE TOUCH, ½ TURN L TRANSFER WEIGHT

1,2 Cross Lf over Rf, ¼ turn L step Rf back
3&4 Step Lf to L, close Rf next to Lf, step Lf to L
5,6 Step Rf forward, touch L toe forward
7,8 Touch L toe back, ½ turn L weight on Lf

A4. ¼ TURN L STEP BACK, HITCH, COASTER STEP, SHUFFLE FORWARD

1,2 Making ¼ turn L step Rf back, hitch on Lf
3&4 Step Lf back, close Rf next to Lf, step Lf forward
5&6 Step Rf forward, close Lf next to Rf, step Rf forward
7&8 Step Lf forward, close Rf next to Lf, step Lf forward

B (64 counts)

B1. SIDE, CROSS TOUCH, SPIRAL TO R (2 COUNTS), SAMBA WHISK

1,2 Step Rf to R, touch Lf cross over Rf
3,4 Spiral full turn to R (weight on Lf)
5&6 Step Rf to R, rock Lf behind Rf, recover on Rf
7&8 Step Lf to L, rock Rf behind Lf, recover on Lf

B2. ¼ TURN R, PIVOT ½ TURN R, FORWARD WITH TURN, SHUFFLE

1,2 ¼ turn R step Rf forward, step Lf forward
3,4 ½ turn R weight on Rf, step Lf forward
5,6 ½ turn L step Rf back, ½ turn L step Lf forward
7&8 Step Rf forward, close Lf next to Rf, step Rf forward

B3. SIDE, TOGETHER, SCISSORS, ½ TURN L, KICK BALL STEP

1,2 Step Lf to L, close Rf next to Lf
3&4 Step Lf to L, close Rf next to Lf, cross Lf over Rf
5,6 ¼ turn L step Rf back, ¼ turn L step Lf to L
7&8 Kick Rf forward, step Rf beside Lf, step Lf forward

B4. TOE STRUTS ¾ TURN R

- 1,2 Touch R toe forward, drop R heel
 3,4 ¼ turn R touch L toe to L, drop L heel
 5,6 ¼ turn R touch R toe back, ¼ turn R drop R heel
 7&8 Touch L toe forward, drop L heel

B5. BOTAFOGO 3X, FORWARD, ¼ TURN L WITH FLICK

- 1&2 Cross Rf over Lf, rock ball Lf to L, recover on Rf
 3&4 Cross Lf over Rf, rock ball Rf to R, recover on Lf
 5&6 Cross Rf over Lf, rock ball Lf to L, recover on Rf
 7,8 Step Lf forward, ¼ turn L flick Rf out

DO SECTIONS 6, 7, 8 REPEAT SECTIONS 5**C (50 counts)****C1. WEAVE, FULL TURN TO L, CHASSE**

- 1,2 Cross Rf over Lf, step Lf to L
 3,4 Cross Rf behind Lf, ¼ turn L step Lf forward
 5,6 Step Rf forward, ½ turn L weight on Lf
 7&8 ¼ turn L step Rf to R, close Lf next to Rf, step Rf to R

C2. FORWARD, KICK BALL TOUCH, REVERSE

- 1,2 Step Lf forward, step Rf forward
 3&4 Kick Lf forward, close Lf next to Rf, touch Rf to R
 5,6 Step Rf forward, step Lf forward
 7&8 Kick Rf forward, close Rf next to Lf, touch Lf to L

C3. WEAVE, FULL TURN TO R, CHASSE

- 1,2 Cross Lf over Rf, step Rf to R
 3,4 Cross Lf behind Rf, ¼ turn R step Rf forward
 5,6 Step Lf forward, ½ turn R weight on Rf
 7&8 ¼ turn R step Lf to L, close Rf next to Lf, step Lf to L

C4. ROCK FORWARD, SHUFFLE BACK, FULL TURN TO L, COASTER STEP

- 1,2 Rock Rf forward, recover on Lf
 3,4 Step Rf back, close Lf next to Rf, step Rf back
 5,6 ½ turn L step Lf forward, ½ turn L step Rf back
 7&8 Step Lf back, close Rf next to Lf, step Lf forward

C5. PIVOT ½ TURN L X2, OUT-OUT x2

- 1,2 Step Rf forward, ½ turn L weight on Lf
 3,4 Step Rf forward, ½ turn L weight on Lf
 5-6 Step Rf out to R, step Lf out to L
 7,8 Repeat 5-6

(5-8 you can shake your body)**C6. TOUCH BEHIND, HOLD, ½ TURN R, HOLD, WALK FORWARD, HOLD**

- 1,2 Touch R toe behind Lf, hold
 3,4 ½ turn R weight on Rf, hold
 5-8 Step forward on Lf-Rf-Lf, hold
 9-10 ½ turn R step on Rf, close Lf next to Rf

Tag (40 counts)**TS1. ROCK SIDE, BEHIND-SIDE-CROSS, ½ TURN R, SHUFFLE FORWARD**

- 1,2 Rock Rf to R, recover on Lf
 3&4 Cross Rf behind Lf, step Lf to L, cross Rf over Lf

5,6 ¼ turn R step Lf back, ¼ turn R step on Rf
7&8 Step Lf forward, close Rf next to Lf, step Lf forward

TS2, 3, 4 repeat TS1

TS5. ROCKING CHAIR

1,2 Rock Rf forward, recover on Lf
3,4 Rock Rf back, recover on Lf
5-8 Repeat 1-4

Have Fun....
