

# Now Live It Up

拍數: 146      牆數: 0      級數: Phrased Intermediate  
編舞者: Mei Lestari (INA) - November 2020  
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....**

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