

Livin' It Up!

拍數: 32 牆數: 4 級數: Improver
編舞者: Charlie Bowring (UK), Susan Duncan (USA), Rob Fowler (ES) & I.C.E. (ES) -
February 2022
音樂: That's How You Know You're Livin - Adam Warner : (Album: Big Storm - iTunes,
Spotify etc.)



Intro: 32 Counts (Approximately 17 Seconds) - Dance Starts On The Word "Rent"

S1 (1-8) ¼ Turn Right Heel Grind, Coaster Step, Step, ½ Ankle Hook Left, Step, Lock, Step 12:00

1-2 Rock Forward On Right Heel Twisting Toes From L To R Making ¼ Turn Right, Recover On
Left 3:00
3&4 Step Back On Right, Step Left Next To Right, Step Right Forward
5-6 Step Left Forward, Keeping Weight On Left Make ½ Turn Left Hooking Right Toes Behind
Left Ankle

(Alternative For Count 6: Replace The Hook Behind Left Ankle With A Low Hitch) 9:00

7&8 Step Forward On Right, Lock Left Behind Right, Step Forward On Right

S2 (9-16) Rock, Recover, ½ Turn Hip Bumps (L,R,L), ¼ Turn Hip Bumps (R,L,R), Sailor Shuffle

1-2 Rock Forward On Left, Recover On Right
3&4 ½ Turn Left Stepping Forward On Left Bumping Hips L,R,L 3:00
5&6 ¼ Turn Left Stepping Right To Right Side Bumping Hips R, L, R 12:00
7&8 Step Left Behind Right, Step Right Next To Left, Step Left Slightly Forward

RESTART: On Wall 7, Dance Up To And Including Count 16 (Sailor Shuffle), Restart The Dance Facing 6:00

S3 (17-24) Step, ½ Turn Left, Triple ½ Turn Left, ¼ Turn Left, Vaudeville Cross

1-2 Step Forward On Right, ½ Turn Left (Weight On Left) 6:00
3&4 Make ¼ Turn Left Stepping Right To Right Side, Step Left Next To Right, Make ¼ Turn Left
Stepping Back On Right (Triple ½ Turn R,L,R) 12:00
5,6&7 ¼ Turn Left Stepping Left To Left Side, Cross Right Over Left, Step Left Next To Right, Right
Heel Diagonally Forward 9:00
&8 Step Right Next To Left, Cross Left Over Right

S4 (25-32) Side Rock, Coaster Step, Step Swivel, Mambo Cross

1-2 Rock Right Out To Right Side, Recover On Left
3&4 Step Back On Right, Step Left Next To Right, Step Right Forward
5&6 Step Forward On Left (5), Swivel Both Heels To The Left (&), Recover Back To Center (6)
(Weight On Right)
7&8 Rock Left To Left Side, Recover To Right, Cross Left Over Right

Start Over

TAG: Chasse Right, Rock Back, Recover, Chasse Left, Rock Back, Recover (Lindy Right, Lindy Left)

At The End Of Wall 2 (Facing 6:00), Then Restart The Dance.

At The End Of Wall 4 (Facing 12:00), Then Restart The Dance.

1&2 Step Right To Right Side, Step Left Next To Right, Step Right To Right Side
3-4 Rock Back On Left, Recover On Right
5&6 Step Left To Left Side, Step Right Next To Left, Step Left To Left Side
7-8 Rock Back On Right, Recover On Left

OPTIONAL

ENDING: On Wall 9, Dance The Entire 32 Counts Then Stomp Right On Count 1 To End The Dance. 12:00

1 Stomp Right With Arms Open