

Key to Life

拍數: 48 牆數: 2 級數: Improver
編舞者: Luke Watson (AUS) - April 2022
音樂: Key to Life - BEXAR : (Spotify)



Parts. A – 32 Counts, B – 16 Counts.

Start on lyrics 11 Seconds into the track after 16 counts.

Sequence = A,A,B,A,A,B,A,A,B,B

Part A : 32c

Cross Rock, Side Rock, Step Behind, Side, Cross, Rumba Box

1&2& Cross Rock/Step L in front of R, Recover weight back onto R (&), Step/Rock L to L Side, Recover weight onto R,
3&4 Step L behind R, Step R to R side (&), Cross L in Front of R
5&6 Step R to R side, Step L Beside R (&), Step Back on R
7&8 Step L to L Side, Step R Beside L (&), Step Fwd on L

Rocking Chair, Step, Lock Step, Rocking Chair, Step, ¼ Turn, Cross

1&2& Step/Rock Fwd onto R, Recover weight back onto L (&), Step/rock Back onto R, Recover weight Fwd onto L (&)
3&4 Step Fwd on R, Lock L Behind R (&), Step Fwd on R
5&6& Step/Rock Fwd onto L, Recover weight back onto R (&), Step/rock Back onto L, Recover weight Fwd onto R (&)
7&8 Step Fwd onto L, Make ¼ Turn R (&) (3.00), Cross L In Front of R

½ Turn Cross Shuffle, ½ Turn Cross Shuffle, Side Rock, Recover, Cross Weave

1&2 Making ½ Turn R cross R in front of L, Step L to L Side (&), Cross R In Front of L (9.00)
3&4 Making ½ Turn L cross L in front of R, Step R to R Side (&), Cross L In Front of R (3.00)
5& Step/Rock R to R side, Recover weight onto L
6&7&8 Cross R In Front of L, Step L to L Side (&), Step R Behind L, Step L to L Side (&), Cross R In Front of L

Side Shuffle, ¼ Turn Side Shuffle, Sailor Shuffle x2

1&2 Step L to L Side, Step R beside L (&) Step L to Left Side
3&4 Making ¼ Turn R step right to R side Step L Beside R (&) Step R to R side (6.00)
5&6 Cross/Step L behind R, Step/Rock R to R side(&), Recover Weight onto L
7&8 Cross/Step R behind L, Step/Rock L to L side(&), Recover Weight onto R

Part B : 16c

Mambo x2, Walk Fwd x2. Pivot ½ Turn Step Fwd

1&2 Step/Rock Fwd onto L, Replace weight back onto R, Step Back on L
3&4 Step/Rock Back onto R, Replace weight Fwd onto L, Step Fwd on R
5,6 Walk Fwd L,R
7&8 Step Fwd on L, Make ½ Turn R (&), Step Fwd on L

Mambo x2, Walk Fwd x2. Pivot ½ Turn Step Fwd

1&2 Step/Rock Fwd onto R, Replace weight back onto L, Step Back on R
3&4 Step/Rock Back onto L, Replace weight Fwd onto R, Step Fwd on L
5,6 Walk Fwd R,L
7&8 Step Fwd on R, Make ½ Turn L (&), Step Fwd on R