

This Is The Life

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Ira Barie (INA) - November 2022
音樂: This Is The Life (feat. Zoë Low) - Little Kings & Kalkovich



No Tag No Restart
Intro 16 Count

I. Half Rumba Box, Rock Forward, Recover, 1/2 Turn L, 1/4 Pivot Turn L, Cross Shuffle, Side, Touch Diagonally Forward, Together

1&2 Step RF to side, step LF together, step RF forward
3&4 Rock LF forward, recover on RF, 1/2 turn L step LF forward (6 o'clock)
5& Step RF forward, 1/4 turn L (weight on LF) (3 o'clock)
6&7 Step RF cross over LF, step LF to side, step RF cross over LF
&8& Step LF to side, touch RF diagonally forward, step RF next to LF

II. Cross, 1/4 turn L Backward with Sweep, Coaster Step, Syncopated Rocking Chair, Forward Lock Shuffle

1,2 Step LF cross over RF, 1/4 turn L stepping RF backward with LF sweep front to back
3&4 Step LF backward, step RF next to LF, step LF forward
5&6& Step RF forward, recover on LF, step RF backward, recover on LF
7&8 Step RF forward, step LF behind RF, step RF forward

III. Syncopated Weave to L, 1/4 turn L, Forward, 1/4 turn L, Cross Shuffle

1,2& Step LF to side, step RF cross behind LF, step LF to side
3&4& Step RF cross over LF, step LF to side, step RF cross behind LF, 1/4 turn L stepping LF forward (9 o'clock)
5,6 Step RF forward, 1/4 turn L (weight on LF) (6 o'clock)
7&8 Step RF cross over LF, step LF to side, step RF cross over LF

IV. Samba Whisk, 1/4 Turning R Chasse, 1/4 Pivot Turn R, Cross, 1/4 Turn L Backward, 1/2 Turn L Forward

1,2& Step LF to side, step RF cross behind LF, recover on LF
3&4 Step RF to side, step LF next to RF, 1/4 turn R stepping RF forward (9 o'clock)
5&6 Step LF forward, 1/4 turn R (weight on RF), step LF cross over RF (12 o'clock)
7. 1/4 turn L stepping RF backward (9 o'clock)
8. 1/2 turn L stepping LF forward (3 o'clock)