

In Another Life

拍數: 120 牆數: 4 級數: Phrased Improver
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音樂: In Another Life - Lee Isaacs



Sequence : A, B(32TagRestart), A, B, A(40restart), A(40restart), B, B
Intro : 8 counts (after piano piece)

Part A: 56 counts

SEC 1: Chasse R, Rock Behind, Chasse L, Cross Rock

1&2,3,4 Step R side, Step L beside R, Step R side, Rock L back, Recover R
5&6,7,8 Step L side, Step R beside L, Step L side, Rock R over L, Recover L

SEC 2: Sailor ¼ R, Dorothy L, Dorothy R, Rock Forward L

1&2,3,4& Step R behind L, Step L beside R turning ¼ R, Step R side, Step L diagonally forward, Lock
R behind L, Step L forward
5,6&7,8 Step R diagonally forward, Lock L behind R, Step R forward Rock L fw, Recover R

SEC 3: Coaster Step, Paddle ¼ Turn L, Paddle ¼ Turn L, Kickball Step R

1&2,3,4 Step L back, Step R beside L, Step L fw, Step R fw with a ¼ Turn L
5,6,7&8 Step R fw with a ¼ Turn L, Kick R forward, Step R beside L, Step L forward

SEC 4: Cross Rock R, Chassé R, Cross Rock L, Chassé L

1,2,3&4 Cross R over L, Recover on L, step R side, step L beside R, Step R
5,6,7&8 Cross L over R, Recover on R, step L side, step R beside L, step L

SEC 5: Heel Grind ¼ R, Coaster Step R, Kick L Forward, Kick L Side, Coaster step L

1,2,3&4 Step R heel fw with a ¼ turn R, back on L, step R back, step L beside R, step R fw
5,6,7&8&6 Kick L forward, Kick L side, Step L back, Step R beside L, Step L forward

Restart Here (after 3th A begin with A,) (After 4th A begin with B)

SEC 6: Jazz Box, Rock Forward R, Triple ½ Turn R

1,2,3,4 Step R over L, Step L back, Step R beside L, Step L forward
5,6,7&8 Rock R fw, Recover on L, Step ¼ turn R side, Step L beside R, Step ¼ turn R forward

SEC 7: Rock L Forward, Coaster Step L, Rock R Forward, Coaster step R

1,2,3&4 Rock L forward, Recover on R, Step L back, Step R beside L, step L forward
5,6,7&8 Step R forward, Recover on L, Step R back, Step L beside R, Step R forward

Part B : 64 counts

SEC 1: Walk LR Shuffle L and Walk RL Shuffle R in a Full Turn Left

1,2,3&4 Step L forward, Step R with ¼ turn L forward, Step L with ¼ turn L forward, Step R beside L,
Step L forward
5,6,7&8 Step R forward, Step L with ¼ turn L forward, Step R with ¼ turn L forward, Step L beside R,
Step R forward

SEC 2: L Heel, R Toe, L Heel Hook Heel, Ball Step, Step, Kick Ball Step R

1&2&3&4& touch L heel forward, step L beside R, touch R toe behind L, Step R back, touch L heel
forward, hook L over R, touch L heel forward,
5,6,7&8 Step L beside R, step R forward, Step L forward, Kick R forward, Step R beside L, step L
forward

SEC 3: ¼ Monterey Turn R, ¼ Monterey Turn R

1,2,3,4, touch R toe R side, step R beside L with ¼ turn R, touch L toe L side, step L beside R

5,6,7,8 touch R toe R side, step R beside L with $\frac{1}{4}$ turn R, touch L toe L side, step L beside R

SEC 4: Step R side, Behind, Chassé $\frac{1}{4}$ turn R, Step $\frac{1}{2}$ Pivot R, Kick Ball Change L

1,2,3&4 Step R to R side, Cross L behind R, Step R to R side, Step L beside R, step R forward with $\frac{1}{4}$ turn R

5,6,7&8 Step L forward, turn $\frac{1}{2}$ R putting weight on R foot, Kick L forward, step L beside R, Step R beside L

Tag Here (4 counts: Step R Pivot $\frac{1}{2}$, Step R Pivot $\frac{1}{2}$, Restart with A)

SEC 5: Walk LR Shuffle L and Walk RL Schuffle R in a Full Turn Left

1,2,3&4 Step L forward, Step R with $\frac{1}{4}$ turn L forward, Step L with $\frac{1}{4}$ turn L forward, Step R beside L, Step L forward

5,6,7&8 Step R forward, Step L with $\frac{1}{4}$ turn L forward, Step R with $\frac{1}{4}$ turn L forward, Step L beside R, Step R forward

SEC 6: L Heel, R Toe, L Heel Hook Heel, Ball Step, Step, Kick Ball Step R

1&2&3&4& touch L heel forward, step L beside R, touch R toe behind L, Step R back, touch L heel forward, hook L over R, touch L heel forward,

5,6,7&8 Step L beside R, step R forward, Step L forward, Kick R forward, Step R beside L, step L forward

SEC 7: $\frac{1}{4}$ Monterey Turn R, $\frac{1}{4}$ Monterey Turn R

1,2,3,4, touch R toe R side, step R beside L with $\frac{1}{4}$ turn R, touch L toe L side, step L beside R

5,6,7,8 touch R toe R side, step R beside L with $\frac{1}{4}$ turn R, touch L toe L side, step L beside R

SEC 8: Step R side, Behind, Chassé $\frac{1}{4}$ turn R, Step $\frac{1}{2}$ Pivot R, Kick Ball Change L

1,2,3&4 Step R to R side, Cross L behind R, Step R to R side, Step L beside R, step R forward with $\frac{1}{4}$ turn R

5,6,7&8 Step L forward, turn $\frac{1}{2}$ R putting weight on R foot, Kick L forward, step L beside R, Step R beside L

Tag 4 counts Pivot $\frac{1}{2}$, Pivot $\frac{1}{2}$.

End With the Monterey Turn Part B.
