

# Life

拍數: 0                      牆數: 0                      級數:  
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音樂: Do This Life - High Valley & Alison Krauss



Intro : 16 count

**SECTION 1 : STEP -LOCK -STEP , STEP – LOCK – STEP , STEP HALF TURN , FULL TURN.**

- 1&2                      Step right forward to right diagonal , cross left behind right , step right forward to right diagonal.  
3&4                      Step left forward to left diagonal , cross right behind left , step left forward to left diagonal .  
5,6                      Step right forward , turn ½ left ( weight on left ) , ( 06.00 )  
7,8                      Turn ½ left whit step right back, turn ½ left whit step left forward. ( 06.00 ).

**SECTION 2 : ROCK STEP RIGHT - COASTER STEP RIGHT - HEEL GRIND ¼ TURN LEFT – SCISSOR CROSS LEFT.**

- 1,2                      Step right forward , recover to left .  
3&4                      Step right back , step left next right , step right forward.  
5,6                      Left heel grind ¼ turn left , recover right.  
7&8                      Left step side , right step beside , left step cross over.

**SECTION 3 : SIDE SHUFFLE RIGHT, TURN ¼ LEFT SIDE SHUFFLE LEFT , SAILOR STEP RIGHT , STEP HALF TURN.**

- 1&2                      Step right to right side , step left next right , step right to right side .  
3&4                      Turn ¼ left whit step left to left side , step right next left , step left to left side .( 12.00 )  
5&6                      Cross right behind left , step left to side , step right to side ( out – out ) slightly diagonally.  
7,8                      Step left forward , turn ½ right .( weight step right .) ( 06.00 ).

**SECTION 4 : KICK BALL POINT , KICK BALL POINT , SAILOR STEP LEFT , KICK BALL STEP.**

- 1&2                      Kick left forward , left beside right , touch right toe to right .  
3&4                      Kick right forward , right beside left , touch left toe to left .  
5&6                      Cross left behind right , step right to side , step left to side ( out – out ) slightly diagonally.  
7&8                      Kick right forward , right beside left , step left forward.

**TAG : ( 4 COUNT ) HEEL GRIND , COASTER STEP LEFT**

- 1,2                      Left heel grind , recover right ( 06.00 )  
3&4                      Step left back, step right next left , step left forward.

**At The 2 Wall, And At The 4 Wall, And At The 9 Wall, After 12 Counts, The Count 5,6, 7&8 Of The Section 2, They Must Be Replaced With The Tag**

**Restart : At The 2 Wall, And The 4 Wall After The Tag ( 12.00 ), And The 9 Wall After The Tag ( 06.00 )**

**Final : Half Turn ½ To Right, With Stomp Right Forward ( 12.00 ).**