

Do This Life

拍數: 32 牆數: 2 級數: Improver
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音樂: Do This Life - High Valley



SEQ: A – TAG1 – A – A (16counts) – A (16counts) – TAG1 – A – A – A – TAG 2 – A – A – FINAL

A1) RIGHT SHUFFLE STEP DIAGONALLY FWD, LEFT SHUFFLE STEP DIAGONALLY FWD, ½ JAZZ BOX, SAILOR HEEL ¼ TURN RIGHT

1&2 right step diagonally forward, left next to right, right step diagonally forward
3&4 left step diagonally forward, right next to left, left step diagonally forward
5-6 cross right over left, left step to left side
7&8& right cross behind left, left next to right ¼ turn right, touch right heel diagonally forward, right next to left (H 03.00)

A2) LEFT ROCK STEP FWD, SHUFFLE STEP ½ TURN LEFT, ROCKING CHAIR

1-2 left step forward, recover to right
3&4 left step to left ¼ turn left, right next to left, left step forward ¼ turn left
5-6 right step forward, recover to left
7-8 right step back, recover to left (H 09.00)

VARIATION FOR RESTART 4th and 5th walls and TAG 1 in the 6th wall after 16 counts:

7-8 right step to right ¼ turn right, left stomp beside right

A3) RIGHT STEP TO RIGHT – LEFT NEXT TO RIGHT - RIGHT SCISSOR CROSS – LEFT STEP TO LEFT – RIGHT NEXT TO LEFT - LEFT SCISSOR CROSS

1-2 right step to right side, left next to right
3&4 right step to right side, left next to right, right cross over left
5-6 left step to left side, right next to left,
7&8 left step to left side, right next to left, left cross over right (H. 09.00)

A4) RIGHT STOMP UP – ¼ TURN RIGHT RIGHT KICK FWD – RIGHT COASTER STEP – LEFT ROCK STEP FWD – LEFT STEP FWD ½ TURN LEFT – RIGHT STOMP UP IN PLACE

1-2 right stomp up in place, right kick forward ¼ turn right
3&4 right step back, left next to right, right step forward
5-6 left step forward, recover to right
7-8 left step forward ½ turn left, right stomp up in place (H. 06.00)

VARIATION BEFORE TAG2 :

7-8 left step forward ½ turn left, right scuff forward

RESTART: after 16 counts (4th and 5th walls h 12.00) *

TAG 1: 2nd wall h. 06.00 – 6th wall h.12.00 after 16 counts *

RIGHT STEP TO RIGHT – CROSS LEFT BEHIND RIGHT – SHUFFLE STEP ¼ TURN RIGHT – STEP TURN ½ TURN RIGHT – SLIDE TO LEFT ¼ TURN RIGHT – RIGHT STOMP

1-2 Right step to right, cross left behind right
3&4 right step forward ¼ turn right, left next to right, right step forward
5-6 left step forward, ½ turn right
7-8 slide to left ¼ turn right – right stomp in the place (weight on the right)

LEFT STEP TO LEFT – CROSS RIGHT BEHIND LEFT – SHUFFLE STEP ¼ TURN LEFT – STEP TURN ½ TURN LEFT – SLIDE TO RIGHT ¼ TURN LEFT – LEFT STOMP

1-2 Left step to left, cross right behind left
3&4 left step forward ¼ turn left, right next to left, left step forward

5-6 right step forward, ½ turn left

7-8 slide to right ¼ turn left – left stomp in the place (weight on the left)

***VARIATION DURING RESTART and TAG 1: RESTARTS 4th and 5th walls and TAG 1 in the 6th wall at the 7th and 8th count of the second sequence (15th and 16th counts) as follows:**

7-8 right step to right ¼ turn right, left stomp beside right

TAG2: (10th wall h. 06.00)

**RIGHT STOMP – HOLD (7 counts) – LEFT STOMP – HOLD (3 counts) –STEP TURN ½ TURN LEFT -
RIGHT STOMP UP (X 2)**

1 right stomp in the place

2-3-4-5-6-7-8 Hold

1 left stomp in the place

2-3-4 hold

5-6 right step forward, ½ turn left

7-8 right stomp up in the place (X 2)

FINAL: 32nd count> right scuff replaces right stomp up adding right stomp forward
