

# 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**

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