

Simple Life

拍數: 32 牆數: 4 級數: Improver
編舞者: Gudrun Schneider (DE) - May 2024
音樂: Simple Life - Leony



The dance starts after 8 counts with lyrics

Sequence 28 – 28 – 32 – 4(Tag) – 28 – 32 – 32 – 4(Tag) – 28 – 32 – 32 – 32

SIDE ROCK R, CROSSING SHUFFLE, ¼ TURN R 2X, CROSSING SHUFFLE

1-2 RF rock right, recover on LF
3&4 RF cross over LF, LF step left, RF cross over LF
5-6 ¼ turn right – LF step back (3:00), ¼ turn right – RF step right (6:00)
7&8 LF cross over RF, RF step right, LF cross over RF

SIDE ROCK R, BACK ROCK R, SHUFFLE ¼ TURNING L, BACK ROCK L

1-2 RF rock right, recover on LF
3-4 RF rock back, recover on LF
5-6 RF step right, ¼ turn left, LF step beside RF, RF step back (3:00)
7-8 LF rock back, recover on RF

SHUFFLE ½ TURNING R 2X, ROCK STEP L, SAILOR SHUFFLE ½ TURNING L

1&2 ¼ turn right - LF step left, RF step beside LF, ¼ turn right – LF step back (9:00)
3&4 ¼ turn right – RF step right, LF step beside RF, ¼ turn right – RF step forward (3:00)
5-6 LF rock forward, recover on RF
7&8 ½ turn left - LF cross behind RF, RF step right, LF step forward (9:00)

OUT - OUT, IN - IN, JAZZ-BOX

1-2 RF step diagonally forward, LF step left
3-4 RF step back, LF step beside RF

RESTART in round 1, 2, 4, 7

5-6 RF cross over LF, LF step back
7-8 RF step right, LF step forward

TAG

STEP R, ½ TURN, STEP R, ½ TURN

1-2 RF step forward, ½ turn left
3-4 RF step forward, ½ turn left

RESTART in round 1, 2, 4, 7 after 28 counts

TAG after round 3, 6

Have Fun!

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