

Double Life

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Aurora de Jong (USA) - July 2024
音樂: Double Life (From "Despicable Me 4") - Pharrell Williams : ((from Despicable Me)



Dance starts after 16 counts
TAG: 4-count tag after wall 3
(OPTIONAL 8-count tag after wall 10)

R rocking chair, RL toe struts forward (with hip bumps)

1-2 Rock R forward (1), recover to L (2)
3-4 Rock R back (3), recover to L (4)
5-6 Step R toe forward bumping R hip right (5), Step down on R heel (6)
7-8 Step L toe forward bumping L hip to left (7), Step down on L heel (8)

R step forward, L star pattern, L step left, R touch behind with bounce unwind ½ right

1 Step R forward (1)
2-4 Point L toe forward (2), point L toe to left side (3), point L toe back (4)
5-6 Step L to left (5), touch R toe behind L (6)
7-8 Bounce L heel up and down, turning ¼ right (3:00) (7), bounce L up and down, turning ¼ right (8) (6:00)

R and L cross points, ¼ right R jazz box cross

1-2 Step R forward and across L (1), point L to left (2)
3-4 Step L forward and across R (3), point R to right (4)
5-6 Step R forward and across L (5), step L back making ¼ turn right (6) (9:00)
7-8 Step R to right (7), step L across R (8)

R step right with L heel extension, step together LR, step back LR, L coaster step

&1-2 Step R to right (&), extend L heel forward to the left diagonal (1), hold (2)
&3-4 Step L to home (&), return R to home (3), hold (4)
5-6 Step L back (5), Step R back (6),
7&8 Step L back (7), step R back to L (&), step L forward (8)

TAG: 4-count tag after Wall 3: Point R, replace, Point L, replace

1-2 Point R to right side (1), Step R to L (2)
3-4 Point L to left side (3), Step L to R (4)

** Optional 8-count tag after Wall 10 - (you can dance right through this tag and it will be fine!)

1-2 Extend right arm to right (1), hold (2)
3-4 Extend left arm to left (3), hold (4) (you're choosing sides!)
5-7 Slowly bring arms overhead over 2 counts
8 Drop arms and get ready to begin Wall 11

Ending the dance:

If you do the optional tag after Wall 10, the dance will end after completing Wall 11, facing 3:00.
You could make your final coaster step a ¼ left sailor step if you want to end at 12:00
If you omit the tag and dance through it, the dance will end after 8 counts of Wall 12, facing 3:00.