

Walk of Life

拍數: 160 牆數: 2 級數: Phrased Intermediate
編舞者: Isabelle Konrath (FR) - November 2024
音樂: Walk of Life - Dire Straits



Intro: 64 counts

Sequence: A A B Tag guitar A B Tag guitar (circle option) A A C C C C A A

A Part: 32 counts, 1 wall

[1-8] HOOK R-L, STEP, TOUCH

1-2 Hook RF over L, RF step side (12:00)
3-4 Hook LF over R, LF step side
5-6 Hook RF over L, RF touch side (weight on LF)
7-8 Hook RF over L, RF step side (weight on RF)

[9-16] HOOK R-L, STEP, TOUCH

1-2 Hook LF over R, LF step side (12:00)
3-4 Hook RF over L, RF step side
5-6 Hook LF over R, LF touch side (weight on RF)
7-8 Hook LF over L, LF step side (weight on LF)

[17-24] GRAPEVINE, TOUCH R - L

1 - 4 RF step side, LF cross behind RF, RF step side, LF touch next RF (12:00)
5 - 8 LF step side, RF cross behind LF, LF step side, RF touche next LF

[25-32] STEP, TOUCH ¼ TURN R X 4

1-2 ¼ Turn R and RF step fwd, touch LF next RF (03:00)
3-4 ¼ Turn R and LF step L side, touch RF next LF (06:00)
5-6 ¼ Turn R and RF step fwd, touch LF next RF (09:00)
7-8 ¼ Turn R and LF step L side, touch RF next LF (12:00)

B Part: 96 counts, 1 wall

[1-8] STEP ¼ R, STEP, TOUCH

1-2 Step RF to R side, step LF beside RF (12:00)
3-4 ¼ R and RF fwd, touch LF beside RF (03:00)
5-6 Step LF fwd, touch R toe behind RF
7-8 Step RF back, touch LF beside RF

[9-16] STEP 1/4 L, STEP, TOUCH

1-2 ¼ L and LF side, touch RF beside LF (12:00)
3-4 ¼ L and LF fwd, touch RF beside LF (09:00)
5-6 Step RF fwd, touch L toe behind RF
7-8 Step LF back, touch RF beside LF

[17-24] STEP ¼ R, STEP, TOUCH

1-2 ¼ R and RF side, touch LF beside RF (12:00)
3-4 ¼ R and RF fwd, touch LF beside RF (03:00)
5-6 Step LF fwd, touch R toe behind LF
7-8 Step RF back, touch LF beside RF

[25-32] STEP ¼ R, STEP, TOUCH

1-2 ¼ L and LF side, step RF beside LF (12:00)
3-4 ¼ L and LF fwd, touch RF beside LF (09:00)

- 5-6 Step RF fwd, touch L toe behind RF
7-8 Step LF back, touch RF beside LF

[33-40] ¼ R, POINT R, STEP, TOUCH

- 1-2 ¼ R point RF to the R side, touch RF beside LF (12:00)
3-4 Step RF side, touch LF beside RF
5-6 Point LF to L side, touch LF beside RF
7-8 Step LF side, touch RF beside LF

[41-48] HEEL STRUT R - L

- 1-2 Step heel R fwd, toe R drop in place (12:00)
3-4 Step heel L fwd, toe L drop in place
5-6 REPEAT (1-2)
7-8 REPEAT (3-4)

[49-56] POINT R, STEP, TOUCH

- 1-2 Point RF to the R side, touch RF beside LF (12:00)
3-4 Step RF side, touch LF beside RF
5-6 Point LF to L side, touch LF beside RF
7-8 Step LF side, touch RF beside LF

[57-64] TAG GUITAR

- 1-2 Turn body slightly to the R, stomp RF
3-4 Bend your knees, pick up the "guitar"
5-6 Get up weight on LF, hitch RF
7-8 Strumming guitar

[65-72] DIAGONAL, STEP TOUCH, CLAP

- 1-4 Turn body slightly to the L
Step RF fwd, step LF beside RF, step RF fwd, touch LF beside RF, (clap) & turn the body slightly to the R (12:00)
5-8 Step LF fwd, step RF beside LF, step LF fwd, touch RF beside LF, (clap)

[73-80] REPEAT 65-72

[81-88] STEP BACK, HOOK

- 1-2 Step RF back, hook slightly LF over RF (12:00)
3-4 Step LF back, hook slightly RF over LF
5-6 Step RF back, hook slightly LF over RF
7-8 Step LF back, hook slightly RF over LF

[89-96] REPEAT 81-88 (circle option, turn L side)

C Part: 32 counts, 2 walls

[1-8] STEP, TOE, KICK, HOOK, SCUFF

- 1-2 Step RF fwd, touch L toe behind RF (12:00)
3-4 Step LF back, kick RF
5-6 Step RF back, hook LF over RF
7-8 Step LF fwd, scuff RF

[9-16] STEP, TOUCH R L

- 1-2 Step RF R side, step LF beside RF
3-4 Step RF R side, step LF beside RF
5-6 Step LF L side, step RF beside LF
7-8 Step RF R side, step LF beside RF

[17-24] MONTEREY TURN ¼ R

- 1-2 Point RF to R side, turn ¼ R and bringing the RF beside LF
- 3-4 Point LF to L side, close LF beside RF
- 5-6 Point RF to R side, turn ¼ R and bringing the RF beside LF
- 7-8 Point LF to L side, close LF beside RF

[25-32] RUMBA BOX

- 1-2 Step RF to R side, step LF beside RF
- 3-4 Step RF fwd, touch LF beside RF
- 5-6 Step LF to L side, step RF beside LF
- 7-8 Step LF back, touch RF beside LF step, LF back, touch RF beside LF

Finish the dance with the counts : B 81 – 88

Have fun & enjoy the dance

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