

Life

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jolene Pearly Vun (MY)
音樂: Life - Des'ree



ROCK FORWARD, RECOVER, BACK SHUFFLE, ½ TURN RIGHT TWICE, STEP BACK, POINT

- 1-2 Left foot rock forward, recover weight onto right
- 3&4 Back shuffle, left, right, left
- 5-6 ½ turn right on right, ½ turn right on left (facing 12:00 again)
- 7-8 Step right foot behind left, point left foot in front of right foot (weight on right foot)

CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE, SIDE ROCK

- 1&2 Cross left over right, step right to right, cross left over right
- 3-4 Rock right to right side, recover weight onto left
- 5&6 Cross right over left, step left to left, cross right over left
- 7-8 Rock left to left side, recover weight onto right

WEAVE WITH ¼ RIGHT TURN, RIGHT SHUFFLE, PIVOT ½ TURN, BACK COASTER STEP

- 1-3 Step left over right, step right to right side, step left behind right
- 4&5 ¼ right turn and shuffle, right, left, right (turn right before shuffle) (facing 03:00)
- 6-7 Step left forward, ½ turn right, step right forward (facing 09:00)
- 8&1 Step back on left, step right beside left, step left forward with ¼ turn left (facing 06:00)

WEAVE, RIGHT SHUFFLE, PIVOT ½ TURN, BACK COASTER STEP

- 2-3 Step right to right side, step left behind right
- 4&5 ¼ right turn and shuffle, right, left, right (turn right before shuffle) (facing 09:00)
- 6-7 Step left forward, ½ turn right, step right forward (facing 03:00)
- 8&1 Step back on left, step right beside left

REPEAT
