

Life Is Good

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Dee Musk (UK)
音樂: I'm Feeling You (feat. Michelle Branch) - Santana



CROSS ROCK, CHASSE, CROSS FULL UNWIND, BACK ROCK

1-2 Cross rock left over right, recover weight to right
3&4 Step left to left side, close right beside left, step left to left side
5-6 Cross right over left, unwind a full turn left (weight on left)
7-8 Rock back on right, recover weight to left. (12:00)

FORWARD ROCK, SHUFFLE ½ TURN, FORWARD ROCK, FULL TURN

1-2 Rock forward on right, recover weight to left
3&4 Make a ½ turn right, shuffling forward right, left, right
5-6 Rock forward on left, recover weight to right
7-8 Make a full turn backwards stepping ½ turn forward on to left, turning ½ turn back on to right (6:00)

¼ ROCK RECOVER, CROSS, ROCK & CROSS, SIDE, CROSS ROCK ¼ TURN

1-2 Making a ¼ turn left rock left out to left side, recover weight to right
3 Cross left over right
4&5 Rock out to right, recover weight to left, cross right over left
6 Step left to left side
7&8 Cross rock right over left, recover weight to left, make a ¼ turn right stepping forward on right. (6:00)

STEP PIVOT, STEP LOCK STEP, ¼ TURN LOCK STEP

1-2 Step forward on left, make a ½ turn right (weight forward on right)
3-4 Step forward on left, lock right behind left
5 Step forward on left
6-7 Making a ¼ turn right step forward on right, lock left behind right
8 Step forward on right. (3:00)

STEP PIVOT, FORWARD SHUFFLE, SIDE ROCK, BEHIND SIDE CROSS

1-2 Step forward on left, make a ½ turn right (weight forward on right)
3&4 Shuffle forward left, right, left
5-6 Rock right out to right side, recover weight to left
7&8 Cross right behind left, step left to left side, cross right over left. (9:00)

SIDE, BEHIND SIDE CROSS, SIDE ROCK, CROSS, HINGE ½ TURN LEFT

1 Step left to left side
2&3 Cross right behind left, step left to left side, cross right over left
4-5 Rock left to left side, recover weight to right
6 Cross left over right
7-8 Make a ¼ turn left stepping back on right, make a ¼ turn left stepping left to left side. (3:00)

CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE, SIDE ROCK

1&2 Cross right over left, step left to left side, cross right over left
3-4 Rock left out to left side, recover weight to right
5&6 Cross left over right, step right to right side, cross left over right
7-8 Rock right out to right side, recover weight to left. (3:00)

BEHIND SIDE CROSS, ROCK AND CROSS, ¼ TURN LEFT, ½ TURN LEFT, CHASSE

- 1&2 Cross right behind left, step left to left side, cross right over left
3&4 Rock left out to left side, recover weight to right, cross left over right
5-6 Making a ¼ turn left step back on right, making a ½ turn left step forward on left
7&8 Step right to right side, close left beside right, step right to right side. (6:00)

REPEAT

TAG

End of walls 2 & 4 facing front

CROSS BACK CHASSE, CROSS BACK CHASSE

- 1-4 Cross left over right, step back on right, chasse left
5-8 Cross right over left, step back on left, chasse right
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