

Life On Mars?

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Ingemar Kardeskog (SWE) - December 2005
音樂: Life On Mars? - David Bowie



STEP, TOUCH, BACK X 3, ½ TURN, SIDE, CROSS, ROCK, CROSS

1-3 Step forward right, touch left beside right, step back long step on left
4& Step back right, step back left
5 Make ½ turn right on ball of left stepping forward on right
6-7 Step left to left side, cross right over left
8&1 Recover onto left, step right to right side, cross left over right

¾ TURN RIGHT, STEP, RIGHT COASTER STEP, SIDE, SAILOR STEP

2-3 Turn ¾ right stepping onto right, step forward left, (facing 3:00)
4&5 Step back on right, step left beside right, step forward right
6 Step left to left side
7&8 Sweep right behind left, step left to left side, step right to place

SIDE, TOGETHER, CROSS, SIDE, MODIFIED SAILOR ½, STEP, ½, SWEEP ¼

1-2 Step left to left side, step right beside left
&3 Cross left over right, step right to side
4 Sweep left from front to back turning ½ left stepping left behind right

On wall 4, go back and dance counts 15&16 through the end of the dance

&5 Step right to right side, step forward left
6&7 Step forward right, turn ½ left on left, step forward right
8 Sweep left forward turning ¼ right

Option: full turn and ¼ turn right

CROSS, BACK LOCK, SAILOR ¼, STEP, SWAY TWICE, TOGETHER, STEP

1 Cross left over right
2&3 Step back on right, lock left across right, step back on right
4&5 Sweep left behind right, turn ¼ left stepping right to side, step left to place
6-7 Sway to right shifting weight to right, sway to left shifting weight to left
8& Step right beside left, step left forward

REPEAT

ENDING

Danced on 6th wall, during section 1, on count 7 (facing 3:00):

1 Turn to angle body towards front wall and hold (or do your own big finish)

RESTART

There is one restart, on 4th wall, after count 4 in section 3, begin again from counts 7 & 8 in section 2 (last 2 counts in section 2) and dance through to end of dance