

Life's A Dance

拍數: 32 牆數: 4 級數: Improver
編舞者: EmCee (UK)
音樂: Life Is a Dance - Chaka Khan



ROCK LEFT, RIGHT, CROSS SHUFFLE, STEP TURN, CROSS SHUFFLE

- 1-2 Rock left out to left side, recover weight back onto right
- 3&4 Cross shuffle(left across right (angle feet 45 degrees), step on ball of right behind left, left forward)
- 5-6 Step right to right, ½ turn left step onto left
- 7&8 Cross shuffle (right across left (angle feet 45 degrees), step on ball of left behind right, right forward)

ROCK LEFT, RIGHT, CROSS SHUFFLE, STEP TURN, CROSS SHUFFLE

- 1-2 Rock left out to left side, recover weight back onto right
- 3&4 Cross shuffle(left across right (angle feet 45 degrees), step on ball of right behind left, left forward)
- 5-6 Step right to right, ½ turn left step onto left
- 7&8 Cross shuffle (right across left (angle feet 45 degrees), step on ball of left behind right, right forward)

STEP TURN STEP, FORWARD SHUFFLE, WALK, WALK, FORWARD SHUFFLE

- 1-2 Step left to left side, ¼ turn right step onto right
- 3&4 Left shuffle forward (step forward on left, step on ball of right behind left, step forward on left)
- 5-6 Step forward on right, forward on left
- 7&8 Right shuffle forward (step forward on right, step on ball of left behind right, step forward on right)

TURN STEP TURN STEP, FORWARD SHUFFLE WALK, WALK, FORWARD SHUFFLE

- 1-2 Step forward on left, pivot turn to right step onto right
- 3&4 Left shuffle forward (step forward on left, step on ball of right behind left, step forward on left)
- 5-6 Step forward on right, forward on left
- 7&8 Right shuffle forward (step forward on right, step on ball of left behind right, step forward on right)

REPEAT
