

Live It!

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Maureen Jones (UK) & Michelle Jones (UK)
音樂: It's My Life - Bon Jovi



STEP BACK, STEP ½ TURN RIGHT, TRIPLE ½ TURN RIGHT, COASTER, STEP, ¼ TURN LEFT STOMP-UP

1-2 Step back on left, on ball of left spin ½ turn right and step forward on right
3&4 Making ½ turn right step on left, right, left
5&6 Step back on right, step left beside right, step right forward
7-8 Step forward on left, on ball of left spin ¼ turn left and stomp-up right beside left

SCUFF, STOMP, HEEL BOUNCE TWICE, SCUFF, STOMP, ½ TURN STOMP, TOUCH

9-10 Scuff right forward, stomp right slightly forward
11-12 Bounce right heel in place twice (end with weight on right)
13-14 Scuff left forward, stomp left slightly forward
15-16 On ball of left spin ½ turn right and stomp right beside left, point left toes to left

STEP, TOUCH, CROSS STEP, HOLD, UNWIND, STEP, SWITCHES HEEL-TOE-HEEL

&17-18 Step left beside right, point right toes to right, step right across left
19-20 Hold, unwind ½ turn over left shoulder (end with weight on right)
21-22& Step left to left, touch right heel forward, step right beside left
23&24& Touch left toe back, step left beside right, touch right heel forward, step right beside left

ROCK, COASTER, WALK, WALK, SHUFFLE

25-26 Rock forward on left, recover weight on right
27&28 Step back on left, step right beside left, step left forward
29-30 Walk forward on right, left
31&32 Shuffle forward on right, left, right

REPEAT

TAGS

On walls 2, 6, 10 (always facing the "left" wall from where you start), only dance counts 1-20.
Immediately after the 4th wall

TOUCH, CROSS STEP, HOLD, UNWIND ½ TURN, WALK X4

&1-2 Step left beside right, touch right toes to right, step right across left
3-4 Hold, unwind ½ turn left (weight on right)
5-8 Walk forward on left, right, left, right

TOUCH, CROSS STEP, HOLD, UNWIND ½ TURN, WALK X4

&9-10 Step left beside right, touch right toes to right, step right across left
11-12 Hold, unwind ½ turn left (weight on right)
13-16 Walk forward on left, right, left, right

FINISH

There is an extra count at the end of the song where Jon Bon Jovi sings "Life". On this count throw both arms into the air.