

Livin' Well

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Steve Rutter (UK)
音樂: Living and Living Well - George Strait



SIDE ROCK, RIGHT SAILOR STEP, CROSS, SIDE STEP, LEFT SAILOR STEP

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

CROSS, UNWIND ½ TURN LEFT, RIGHT SHUFFLE, LEFT MAMBO ROCK, RIGHT SHUFFLE

9-10 Cross right over left, unwind ½ turn left (keeping weight on left)
11&12 Step right forward, close left beside right, step right forward
13&14 Rock forward on left, recover weight back onto right, close left beside right
15&16 Step right forward, close left beside right, step right forward

STEP LEFT FORWARD, HITCH RIGHT, RIGHT MAMBO ROCK, SIDE STEP, CLOSE, STEP FORWARD TOUCH RIGHT

17-18 Step left forward, hitch right knee
19&20 Rock back on right, recover weight forward onto left, close right beside left
21-22 Step left to left side, close right beside left
23-24 Step left forward, touch right toe to right side

TOUCH FORWARD, TOUCH TO SIDE, RIGHT SAILOR STEP, CROSS LEFT, SIDE STEP, SLIDE, CLOSE

25-26 Touch right toe forward, touch right toe to right side
27&28 Cross right behind left, step left to left side, replace weight onto right
29-30 Cross left over right, step right a big step to right side
31-32 Slide left up to close beside right

REPEAT

TAG 1

At the end of wall 4, when dancing to "Living And Living Well" by George Strait

1-2 Rock right to right side, recover weight onto left
3&4 Kick right foot forward, step right beside left (taking weight), change weight onto left
5-8 Repeat steps 1-4

TAG 2

At the end of wall 9, when dancing to "Living And Living Well" by George Strait, add steps 1-4 of the first tag, i.e. one side rock and one kick ball-change instead of two

ENDING

At the end of wall 12 there will only be 8 counts of music left, so if you want you can add the following ending

1-2 Rock right to right side, recover weight onto left
3&4 Cross right behind left, step left to left side, replace weight onto right
5 Cross left behind right
6-7 Unwind a full turn left (weight ending on left)
8 Stomp right to right side raising hands in the air (ta-dah!)