

More To Life

拍數: 32 牆數: 4 級數: Intermediate
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音樂: More To Life - Stacie Orrico



KICK BALL CROSS, KICK BALL CROSS, SIDE ROCK, CROSS, STEP, ½ SAILOR TURN

1&2 Kick right foot forward, step right foot next to left, step left foot cross over right
3&4 Kick right foot forward, step right foot next to left, step left foot cross over right
&5 Rock right foot to right side, rock back onto left foot
&6 Cross right foot over left, step left foot to left side
7&8 Cross right behind left, step left on place with ½ turn right, step right foot forward

FULL TURN RIGHT, ½ TURN RIGHT-TAP, STEP RIGHT FORWARD, STEP LEFT FORWARD, ROCK & CROSS, ROCK

9-10 Step left foot ½ turn right forward, step right foot ½ turn right
Alternative: step left foot forward, step right foot forward
11&12 Step left foot forward ½ turn right, tap right toe in front of left, step right foot forward
13 Step left foot forward
14&15 Rock right to right side, rock back onto left, step right over left
16 Rock left to left side

STEP, TAP-TAP, ROCK STEP, ¼ BOX RIGHT, LONG STEP, TAP

17& Rock back onto right, step left next to right
18& Tap right toe next to left, tap right toe to right side
19-20 Rock right foot to right side, rock back onto left
21&22 Cross right foot over left, recover on left, step right foot ¼ turn right forward
23-24 A long step forward with left, touch right toe next to left foot

¼ SAILOR TURN, LONG STEP, STEP, SAILOR STEP, ¼ SAILOR TURN

25&26 Cross right behind left, step left foot on place with ¼ turn right, step right foot forward
27-28 A long step forward with left, step right foot next to left
29&30 Cross left behind right, step right foot to right side, step left to place
31&32 Cross right behind left, step left on place with ¼ turn right, tap right toe next to left foot

REPEAT

TAG

After the 2nd wall. Then dance 26 counts. Count 26 is a tap with right next to left. Start again from beginning of dance

1-2 Step forward right bump right hip forward, step right foot forward
3-4 Make ½ turn left bump left hip forward, step left foot forward
5-6 Step forward right bump right hip forward, step right foot forward
7-8 Make 172 turn left bump left hip forward, step left foot forward