

# Practice Life

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Linda Moore (UK)  
音樂: Practice Life - Andy Griggs



## RIGHT GRAPEVINE ½ TURN, CHASSE LEFT, BACK ROCK

- 1-4      Step right to right side, cross left behind right, stepping right to right, brush forward left making ½ turn right  
5&6      Step left to left side, close right beside left, step left to left side  
7-8      Rock back onto right, rock forward onto left

## SHUFFLE ½ TURN LEFT TWICE, PIVOT ½ TURN LEFT, SHUFFLE FORWARD RIGHT

- 1&2      Shuffle stepping forward making ½ turn left, stepping right left right  
3&4      Shuffle stepping back making ½ turn left, stepping left right left  
5-6      Step forward right, pivot turn left  
7&8      Stepping forward right, close left beside right, step forward right

## CROSS ¼ TURN BACK, SHUFFLE BACK LEFT, BACK ROCK, SHUFFLE FORWARD RIGHT

- 1&2      Cross left over right, ¼ turn left stepping back onto right  
3&4      Stepping back onto left, close right beside left, step back left  
5-6      Rock back onto right, rock forward onto left  
7&8      Step forward right, close left beside right, step forward right

## CROSS ¼ TURN BACK, LEFT SHUFFLE FORWARD, CROSS ¼ TURN BACK, RIGHT SHUFFLE FORWARD

- 1-2      Cross rock forward onto left, rock back onto right making ¼ turn left  
3&4      Stepping forward left, close right beside left, step forward left  
5-6      Cross rock forward onto right, rocking back onto left making ¼ turn right  
7&8      Stepping forward right, close left beside right, stepping forward right

## JAZZ BOX LEFT, CHASSE LEFT, ROCK BACK RIGHT

- 1-2      Cross left over right, step back onto right  
3-4      Step left to left side, close right beside left  
5&6      Step left to left side close right beside left, step left to left side  
7-8      Rock back onto right, rock forward onto left

## STEP, ½ PIVOT LEFT, STEP & CLAP, STEP, ½ PIVOT RIGHT, STEP & CLAP

- 1-2      Step forward right, half turn left  
3-4      Step forward right & clap  
5-6      Step forward left, half turn right  
7-8      Step forward left & clap

## REPEAT

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