

# Remix

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Rupert "Bear" Simmonds  
音樂: How Do I Live (Dance Mix) - LeAnn Rimes



## ROCK STEPS, TURN AND ROCK

- 1            Rock weight to right side on right foot (feet shoulder width apart)
- 2            Rock weight to left side on left foot
- 3            Rock weight to right side turning  $\frac{1}{2}$  on ball of right foot over right shoulder
- 4            Touch left next to right

## ROCK STEPS, TURN AND ROCK

- 5            Rock weight to left side on left foot (feet shoulder width apart)
- 6            Rock weight to right side on right foot
- 7            Rock weight to left side turning  $\frac{1}{2}$  on ball of left foot over left shoulder
- 8            Touch right next to left

## STEP, TOUCH FORWARD, SIDE, BACK

- 9            Step to right side with right foot
- 10-12      Touch left foot forward, left side, back

## GRAPEVINE LEFT, CHASSE RIGHT

- 13-16      Step left to left side, right behind left, left to left side, right next to left
- 17&18      Step right to right side, left next to right, right to right side

## CROSS, UNWIND, SHUFFLE FORWARD, ROCK STEP

- 19            Cross left behind right
- 20            Unwind  $\frac{3}{4}$  turn over left shoulder
- 21&22      Shuffle forward left-right-left
- 23-24      Rock forward onto right, rock back on left

## STEP BACK, CLAP, STEP BACK, CLAP

- 25            Step back on right
- 26            Hold and clap
- &27         Step left next to right (&) step back right (27)
- 28            Hold and clap

**Note: body roll as you step back on steps 25 & 27**

## $\frac{1}{4}$ TURN, STEP OUT, OUT, IN, IN 29 STEP TO RIGHT SIDE ON RIGHT, $\frac{1}{4}$ TURNED TO RIGHT

- 30            Step left to new left side (shoulder width apart)
- 31            Step right foot in to center
- 32            Step left foot next to right

## GRAPEVINE RIGHT, PIVOT TURN, VINE LEFT

- 33-34      Step right to right side, left behind right
- 35            Step right to right side  $\frac{1}{4}$  turned to right
- 36-37      Step forward left,  $\frac{1}{2}$  pivot turn over right shoulder
- 38            Turn another  $\frac{1}{4}$  turn right on ball of right foot, stepping left to left side
- 39            Step right behind left
- 40            Step out to left side on left

## REPEAT

