

A Simple Life

拍數: 64 牆數: 2 級數: Improver line/contra dance
編舞者: Karen Hadley (UK)
音樂: The Right Place - The Derailers



WALK FORWARD RIGHT, LEFT, RIGHT, KICK LEFT WITH CLICK

1-2 Step right forward, step left forward
3-4 Step right forward, kick left forward & click fingers shoulder height

WALK BACK LEFT, RIGHT, LEFT, TOUCH RIGHT WITH CLICK

5-6 Step back left, step back right
7-8 Step back left, touch right toe beside right & click fingers shoulder height

VINE RIGHT, SCUFF LEFT, VINE LEFT, SCUFF RIGHT

9-10 Step right to right side, cross step left behind right
11-12 Step right to right side, scuff left forward
13-14 Step left to left side, cross step right behind left
15-16 Step left to left side, scuff right forward

RIGHT SIDE-ROCK, CROSS, HOLD & CLAP, LEFT SIDE-ROCK, CROSS, HOLD & CLAP

17-18 Rock right to right side, rock onto left in place
19-20 Cross step right over left, hold & clap
21-22 Rock left to left side, rock onto right in place
23-24 Cross step left over right, hold & clap

RIGHT SIDE TOE STRUT, LEFT CROSS TOE STRUT, CHASSE RIGHT, BACK ROCK

25-26 Step right toe to right side, drop right heel taking weight
27-28 Cross step left toe over right, drop left heel taking weight
29&30 Step right to right side, step left beside right, step right to right side
31-32 Cross rock left behind right, rock forward onto right

VINE LEFT, ½ TURN LEFT WITH SCUFF, VINE RIGHT, SCUFF LEFT

33-34 Step left to left side, cross step right behind left
35-36 Step left to left side making ½ turn left, scuff right forward
37-38 Step right to right side, cross step left behind right
39-40 Step right to right side, scuff left forward

VINE LEFT, TOUCH RIGHT TOE BESIDE LEFT, SINGLE HIP BUMPS

41-42 Step left to left side, cross step right behind left
43-44 Step left to left side, touch right toe beside left
45-48 Step right foot slightly to right side, bump hips right, left, right, left

RIGHT KICK BALL-CHANGE TWICE, STEP, PIVOT ½ TURN LEFT, STOMP RIGHT, CLAP

49&50 Kick right forward, step right toe beside left, step left in place
51&52 Kick right forward, step right toe beside left, step left in place
53-54 Step right forward, pivot ½ turn left
55-56 Stomp right foot beside left, hold & clap

LEFT KICK BALL-CHANGE TWICE, STEP, PIVOT ½ TURN RIGHT, STOMP LEFT, CLAP

57&58 Kick left forward, step left toe beside right, step right in place
59&60 Kick left forward, step left toe beside right, step right in place

61-62 Step left forward, pivot ½ turn right
63-64 Stomp left foot beside right, hold & clap

REPEAT

TAG

To be added at the end of walls 2, 4 & 6

1-4 Bump hips right, left, right, left
