

This Life

拍數: 32 牆數: 4 級數: Improver
編舞者: Cody Breed
音樂: Nothing To Lose - Michael Bryers



SAILOR, SAILOR, BACK, ROCK FORWARD, FULL TURN TRIPLE

1&2 Sailor: step right behind left, step left to left side, step right to right side
3&4 Sailor: step left behind right, step right to right side, step left to left side
5-6- Rock back onto right, rock forward onto left
7&8 Triple step turning full turn right, right-left-right

FORWARD, ROCK, BACK DRAG, BACK, BACK, BACK ROCK

1-2-3-4 Rock forward onto left, rock back onto right, step back onto left, drag right back
5-6-7-8 Step back onto right, step back onto left, rock back on right, rock forward on left

PIVOT TURN, KICK BALL CHANGE, SIDE TOGETHER SIDE TOUCH

1-2- Step forward onto right, pivot $\frac{1}{2}$ turn left
3&4 Kick right forward, step left together, step right together
5-6-7-8 Step right to right side, step left beside right, step right to right side, touch left beside right

SIDE TOGETHER SIDE TOUCH, PADDLE $\frac{1}{4}$, KICK BALL CHANGE

1-2-3-4 Step left to left side, step right beside left, step left to left side, touch right beside left
5-6 Paddle: step right forward, turn $\frac{1}{4}$ left, take weight on left
7&8 Kick right forward, step right together, step left together

REPEAT

RESTART

On wall 3, dance until beat 16, then restart facing 6:00
