

This Life

拍數: 72 牆數: 2 級數: Improver waltz
編舞者: Regina Turnbull (AUS)
音樂: This Life - LeAnn Rimes



WALTZ FORWARD, WALTZ BACK

1-2-3 Step left forward, step right together, step left together
4-5-6 Step right back, step left together, step right together

FORWARD ½ TURN, WALTZ BACK ON RIGHT

1-2-3 Step forward on left turn ½ turn left, step right back, step left together
4-5-6 Step back on right, step left together, step right together

FORWARD, SLOW SWEEP, FORWARD, SLOW SWEEP

1-2-3 Step forward on left, sweep right foot to side (2 beats)
4-5-6 Step forward on right, sweep left foot to side (2 beats)

ACROSS, SIDE, BEHIND, SIDE, DRAG

1-2-3 Step left foot across right, step right to side, step left behind
4-5-6 Step right foot to side, drag left foot right (2 beats)

TURN A FULL TURN, STEP DRAG

1-2-3 Turn a full turn left stepping right-left-right
4-5-6 Step right foot to side, drag left beside right (2 beats)**

TURN A FULL TURN, WALTZ ACROSS

1-2-3 Turn a full turn left stepping left-right-left
4-5-6 Step right across left, step left aside, step right

WALTZ ACROSS, STEP BACK, SLOW SWEEP

1-2-3 Step left across right, step right to side, step left
4-5-6 Step back on right, sweep left to side (2 beats)

STEP BACK, SLOW SWEEP, WALTZ BACK

1-2-3 Step back on left, sweep right to side (2 beats)
4-5-6 Step back on right, step left together, step right together

Restart 1 goes here

ACROSS, TOUCH, ¼ TURN, SAILOR

1-2-3 Cross left over right, touch right to side, hold
4-5-6 Turn ¼ turn right, sweep right behind left, step onto left, step onto right

ACROSS, TOUCH, ¼ TURN, SAILOR

1-2-3 Cross left over right, touch right to side, hold
4-5-6 Turn ¼ turn right, sweep right behind left, step onto left, step onto right

FORWARD, TURN ½, BACK, TURN ½

1-2-3 Step forward on left, turn ½ left, step right, step left
4-5-6 Step back onto right, turn ½ left, step left, step right

STEP FORWARD, DRAG, STEP BACK, TURN ½

1-2-3 Step forward on left, drag right together (2 beats)

4-5-6 Step back on right, turn $\frac{1}{2}$ left, step left, step right

REPEAT

RESTART

On wall 2, restart after count 48

On wall 4, restart after count 30
